

## Mason Jar Vinaigrette



My go – to vinaigrette that I make once a week and keep in the fridge at home for easy weeknight meals. You can toss arugula, wild smoked salmon and quinoa or use over spinach, roasted butternut squash and chicken. Store bought vinaigrettes often use refined oils (canola, soybean or sunflower oils), excess sugar and preservatives. A simple mason jar vinaigrette can upgrade your health by providing good for you oils (olive oil is rich in oleic acid) and antioxidants. I use lemon juice and zest for a boost of vitamin C, and raw honey from Passion Fields which is real life liquid gold. Raw honey has immune modulating affects, too.

Many vitamins, such as Vitamin A found in butternut squash and sweet potato are fat soluble which means they need to be paired with a small source of fat.

ENJOY!

### Mason Jar Vinaigrette

- ½ cup olive oil
- 4 tbsp. apple cider vinegar
- 3 tbsp. lemon juice and zest (organic if you use the zest)
- 3 tbsp. raw honey
- ¼ cup finely chopped red onion
- 1 clove of garlic, minced
- ¼ cup parsley
- ¼ cup capers, chopped
- ½ tsp. sea salt
- Fresh black pepper

Add to a mason jar and stir / shake until completely mixed. Store in the fridge for up to 7 days and enjoy on everything.