WWholehearted Yoga

Lemon Vinaigrette

Ingredients

- Zest of 1 lemon, minced
- 4 TBSP lemon juice
- 2 TBSP champagne vinegar
- ½ tsp salt
- 1/8 tsp black pepper
- 4 TBSP olive oil

Instructions

- 1. Use Meyer lemons if you possibly can. They make everything better. If you don't have Meyer lemons, add ¼ tsp dried mustard to the recipe.
- 2. Combine everything except the oil in a small bowl, then whisk in the oil. Best when used immediately, but you may store it in the refrigerator for 2 weeks.

The story behind the recipe. Greens Restaurant in San Francisco is a wonderful vegetarian restaurant right on the bay with views of Golden Gate Bridge. When I became a vegetarian, I started trying more recipes from their cookbook, "Fields of Greens". I have adapted this recipe from one provided in the cookbook. I love this on spinach salads with strawberries and pine nuts, but it is also great with any other fruit or asparagus or just about any salad ingredients.