

Basic Vinaigrette (Plus Variations!)

Author: Cookie and Kate Prep Time: 5 minutes Total Time: 5 minutes Yield: 3/4 cup 1x

Category: Salad dressing Method: By hand Cuisine: French

★★★★★ 4.9 from 212 reviews

Here's my go-to vinaigrette recipe! It's so easy to make and tastes way better than store-bought dressings. You can change up the flavors by choosing the vinegar that suits your salad best. Recipe yields 3/4 cup dressing, enough for about 6 medium salads (assuming 2 tablespoons per salad).



SCALE 1x 2x 3x

INGREDIENTS

- 1/2 cup extra-virgin olive oil
- 3 tablespoons vinegar of choice (balsamic vinegar, red wine vinegar, white wine vinegar)
- 1 tablespoon Dijon mustard
- 1 tablespoon maple syrup or honey
- 2 medium cloves garlic, pressed or minced
- 1/4 teaspoon fine sea salt, to taste
- Freshly ground black pepper, to taste

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INSTRUCTIONS

1. In a liquid measuring cup or bowl, combine all of the ingredients. Stir well with a small whisk or a fork until the ingredients are completely mixed together.
2. Taste, and adjust as necessary. If the mixture is too acidic, thin it out with a bit more olive oil or balance the flavors with a little more maple syrup or honey. If the mixture is a little blah, add another pinch or two of salt. If it doesn't have enough zing, add vinegar by the teaspoon.

3. Serve immediately, or cover and refrigerate for future use. Homemade vinaigrette keeps well for 7 to 10 days. If your vinaigrette solidifies somewhat in the fridge, don't worry about it—real olive oil tends to do that. Simply let it rest at room temperature for 5 to 10 minutes or microwave very briefly (about 20 seconds) to liquify the olive oil again. Whisk to blend and serve.

NOTES

Balsamic vinegar: Makes a bold, slightly sweet dressing that is wonderful on green salads with fruit, such as apples, strawberries or peaches.

Red wine vinegar: Packs a punch and works well with other bold flavors and bright veggies, like tomatoes, bell peppers, cucumber, cabbage and more (think Greek salads).

White wine vinegar: This is a more mellow vinegar and it's especially nice with more delicate flavors like cucumber and sweet corn. It's lovely on just about every green salad out there.

Greek/Italian variation: Use red wine vinegar. Add 1 to 2 teaspoons dried oregano and, optionally, a pinch of red pepper flakes.

► NUTRITION INFORMATION

The information shown is an estimate provided by an online nutrition calculator. It should not be considered a substitute for a professional nutritionist's advice. See our [full nutrition disclosure here](#).

Nutrition Facts

Serving Size 2 tablespoons

Serves 6

Amount Per Serving

Calories 183

% Daily Value*

Total Fat 19.1g **24%**

Saturated Fat 2.7g

Trans Fat 0g

Polyunsaturated Fat 2.1g

Monounsaturated Fat 13.6g **0%**

Cholesterol 0mg **0%**

Sodium 90.9mg **4%**

Total Carbohydrate 4.3g **2%**

Dietary Fiber 0.2g **1%**

Sugars 3.3g

Protein 0.4g **1%**

Vitamin A 0% Vitamin C 0%

Calcium 1% Iron 1%

Vitamin D 0% Magnesium 1%

Potassium 1% Zinc 1%

Phosphorus 1% Thiamin (B1) 1%

Riboflavin (B2) 4% Niacin (B3) 0%

Vitamin B6 1% Folic Acid (B9) 0%

Vitamin B12 0% Vitamin E 0%

Vitamin K 0%

Did you make this recipe?

Please let me know how it turned out for you! Leave a comment below and share a picture on [Instagram](#) with the hashtag [#cookieandkate](#).

Recipe from Cookie and Kate: <https://cookieandkate.com/how-to-make-vinaigrette-plus-variations/>