Maple Mustard Vinaigrette

$rac{1}{4}$ cup white vinegar
1 Tablespoon maple syrup
1 Tablespoon dry mustard powder
1 Tablespoon shallot, minced
1 clove garlic, minced
1 teaspoon salt
$rac{1}{2}$ cup vegetable oil
DIRECTIONS

1 Combine vinegar, maple syrup, mustard powder, shallot, garlic, and salt in a container. Blend with hand blender until combined, then add oil while continuing to blend.

The immersion blender is one of the single best tools in making long-lasting and well-mixed salad dressings. Use it on any dressing for a more complete emulsification that will hold for longer.

Nutrition tip:
Use pure maple syrup! Pure maple syrup contains antioxidants, fights inflammation, is easier to digest than sugar, and supplies important vitamins and minerals.

Recipe provided by
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