
Orange Vanilla Vinaigrette

adapted from the Vita-Mix Blender cookbook

Internet Address:



1 medium orange, peeled, all pith and seeds removed

1/2 medium lemon, peeled, all pith and seeds removed

1 1/2 teaspoons apple cider vinegar

1 tablespoon honey, or more if needed

3/4 teaspoon vanilla extract

Salt and freshly ground black pepper to taste

3/4 cup extra virgin olive oil, plus 2 tablespoons

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 12

Notes: this is a good dressing for a green salad, but do add some kind of fruit (fresh mango and pomegranate seeds, or dried cranberries if that's what you have on hand). If nuts are available, add those to this salad too, for a bit of crunch. Dressing will keep for 4 days only.

1. In a good high speed blender place the orange and lemon, both cut up into small chunks, vinegar, honey and vanilla. Whiz until the mixture is a fine puree.
2. Reduce speed to its lowest setting and very, very carefully and slowly pour the olive oil in the removable top until the mixture has emulsified. Add salt and pepper to taste. Taste the mixture - it will have a slight bitterness. Taste it with a leaf of lettuce. Adjust the honey or oil if needed to suit your own palate.

Yield: 1 1/2 cups

Per Serving (excluding unknown items): 131 Calories; 14g Fat (90.4% calories from fat); trace Protein; 3g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.