

Orange Jalapeno Vinaigrette

The Italian Country Table, by Lynne Rossetto Kasper



Servings: 6

Ideally, serve with just seasonal greens. You'll lose the delicate flavor of the oranges if you mix in vegetables and other things.

1. In a saucepan place the oranges, jalapenos, juice, water and sugar. Over medium heat, bring to a boil. Reduce heat and allow to simmer for five minutes. Remove from heat and allow to cool. Place in a blender and puree. Add honey or vinegar and oil while blending. Pour mixture through a fine-mesh sieve and adjust seasoning. Refrigerate. Use with one week.

2 whole oranges, peeled, segmented

1 1/2 whole jalapeno chile peppers, seeded, finely minced

1/2 cup orange juice

1/4 cup water

1/2 teaspoon sugar, or Splenda

2 tablespoons honey blossom vinegar, or 2 T. seasoned rice wine vinegar

1/3 cup grapeseed oil (original called for 1/4 cup)

Salt & pepper to taste

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

Per Serving (excluding unknown items): 140 Calories; 12g Fat (75.9% calories from fat); 1g Protein; 8g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Vegetable; 1/2 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.