

# Garlic Parsley Vinaigrette

This is a light dressing you can make quickly and easily. You can make it in a small bowl. No blender required.

Yield: ½ cup

1 to 2 garlic cloves  
¼ tsp Celtic sea salt  
1 Tb apple cider vinegar  
2 Tb lemon juice  
1 tsp Dijon mustard (optional)  
5 – 6 Tb extra virgin olive oil  
2 Tb finely minced parsley or other fresh herbs like thyme or oregano  
Black pepper to taste

- Peel the garlic and smash the clove(s) on a cutting board with the broad side of a chef's knife.
- Place the salt on the smashed clove, and finely chop salt into the garlic.
- Scrape the garlic into a small bowl, and add the vinegar and lemon juice.
- Swirl it around and let sit for several minutes. Add Dijon mustard (if using) and whisk to combine.
- Slowly drizzle in 5 Tb of the olive oil, whisking all the while. Add chopped parsley.
- Dab a little bit of the mixture onto a lettuce leaf to taste it and check for balance. Add more oil if needed.
- Taste to adjust salt. Add pepper according to taste, and whisk again before tossing with salad.
- Store extra in a glass jar in the refrigerator. Let it come to room temperature so the olive oil liquefies before using to liquefy the oil. Shake it up and pour on the salad.

## **A few more things...**

- Use dried thyme if you don't have any fresh herbs