

RASPBERRY VINAIGRETTE

Michigan raspberries abound in summer and fall. This simple vinaigrette uses raspberries as one of the acidic ingredients, fundamental to making a flavorful salad dressing. Particularly delicious on vegetable salad accented with fruit.

by Peggy Crum, MA, RD, Health4U Nutritionist

Featured Food: Raspberries

Yield: 3/4 cup

Ingredients

6 to 8 oz fresh or frozen raspberries (fresh is fine but you may want to freeze your berries first as freezing helps them release their juices)

1 T red wine vinegar

½ to 1 t honey

Pinch of salt

Black pepper to taste

5 T extra virgin olive oil

Preparation

Wash berries and place in fine mesh strainer. Mash the berries, pushing the fruit through the strainer into a glass measuring cup until you have about ½ cup of raspberry juice and seedless puree. Discard what is left in the strainer.

Add vinegar, ½ t honey, salt, and pepper. Whisk in the olive oil. Taste. Add more honey, salt, and/or pepper to taste.

Keeps in the refrigerator for about a week.