



Balsamic Dressing

INGREDIENTS

1/2 cup balsamic vinegar
3 tbsp low-sodium soy sauce or tamari
3 tbsp maple syrup
1/2 tbsp onion granules
1 clove garlic
1 1/2 tbsp nutritional yeast (optional)
Fresh herbs*
Black pepper, ground

METHOD

1 First, mince the garlic and herbs.

2 In a small bowl, whisk together the balsamic vinegar, low-sodium soy sauce or tamari, maple syrup, onion granules, garlic, nutritional yeast if using, herbs, and freshly ground black pepper.

Alternatively, place all ingredients in a jar, close the lid, and shake well to combine.

Use as a dressing for salads or drizzle over cooked potatoes with fresh basil and roasted peppers.

TIPS & ADDITIONAL INFORMATION

* For fresh herbs, you can use rosemary, oregano, or chives.
Nutritional yeast is a flaky, savory seasoning with a mild cheesy flavor. You can find it in most grocery stores, usually in the baking or health food section.