

Classic Mixed Green Salad with Balsamic Vinaigrette

Serves 4-8; Makes 1 cup vinaigrette

Prep Time: 15 min

Cook Time: n/a

INGREDIENTS

Balsamic Vinaigrette:

2 tbsp balsamic vinegar

1 tbsp red wine vinegar

1 tbsp Dijon mustard

1 tsp light brown sugar

1 garlic clove, crushed (optional)

1/2 tsp salt

1/4 tsp freshly ground black pepper

3/4 c extra virgin olive oil

Salad:

1 small red onion, thinly sliced

1 large head green, red leaf, or Romaine lettuce, rinsed, dried, and torn into bite-sized pieces

1 large ripe beefsteak tomato, cut into eighths

1 seedless cucumber, unpeeled, thinly sliced

Salt and freshly ground black pepper, to taste

METHOD

To make the vinaigrette, in a medium bowl whisk all the ingredients except the oil until mixed. Gradually whisk in the oil until smooth.

In a small bowl, cover the onion with iced water and let stand for 10 minutes. Drain well. (Soaking the onion removes its sharp bite).

In a large bowl, place the lettuce, drained onion, tomato, and cucumber, and add the dressing a little at a time, tossing gently and thoroughly until all the vegetables are evenly coated. Season with additional salt and pepper to taste. Serve immediately on chilled salad plates.

Recipe courtesy The Balsamic Vinegar Cookbook, authored by Meesha Halm.