



## Roasted Shallot Vinaigrette



This flavorful shallot recipe is very easy to make! It uses just a few simple ingredients, tastes amazing and goes well with all types of meats, fish, and chicken!

### Ingredients

- 6 ounces shallots, roasted,
- 2 tbl Red Wine Vinegar
- 1 tsp Thyme, fresh chopped
- 2 tbl Honey
- 1 tsp Mustard
- 1/3 cup Vegetable oil

### Instructions (yields $\frac{3}{4}$ cup )

1. Combine ingredients in food processor or blender.
2. Blend until smooth
3. Adjust seasoning with salt and pepper.
4. Keep refrigerated until needed.

### Nutrition Facts

148 Calories, 5g Total Fat (1g Saturated Fat),  
14mg Sodium, 1g Protein  
10g Carbohydrate (1g Fiber, 7g Total Sugars),

### Micronutrients

*Shallots:* Calcium, Iron, Magnesium, Phosphorus,  
Potassium, Zinc, Copper, Folate, B vitamins, and  
Vitamins A and C

*Garlic:* Manganese, Vitamin B6, & C





