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# Mustard Vinaigrette

By MARTHA ROSE SHULMAN

A generous spoonful of Dijon mustard makes this vinaigrette creamy and tart. Use the dressing with sturdy salad greens like romaine or with softer lettuces like Bibb lettuce or oak leaf. The dressing is too strong to work with baby salad greens or mesclun. It's also great with cooked vegetables like beets or broccoli and with grain salads.



1 rounded tablespoon Dijon mustard

1 1/2 tablespoons red wine vinegar or sherry vinegar

1 tablespoon fresh lemon juice

Salt and freshly ground pepper

1/2 cup extra virgin olive oil, or use half olive oil and half canola or grapeseed oil

1 small garlic clove

**1.** In a small bowl or measuring cup, combine the mustard, vinegar, lemon juice, salt and pepper. Whisk in the oil.

**2.** Peel the garlic clove and lightly crush, or cut down to the root end with a paring knife, keeping the garlic clove intact. Place in the dressing and allow to marinate for at least 30 minutes. Remove from the dressing before serving.

**Yield:** About 2/3 cup.

**Advance preparation:** This dressing will keep well in the refrigerator for a few days. Remove the garlic clove before storing.

**Nutritional information per 2 tablespoons:** 184 calories; 3 grams saturated fat; 2 grams unsaturated fat; 15 grams monounsaturated fat; 0 milligrams cholesterol; 1 gram carbohydrates; 0 grams dietary fiber; 58 milligrams sodium (does not include salt to taste); 0 grams protein

*Martha Rose Shulman* is the author of "[The Very Best of Recipes for Health.](#)"