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## Healthy and Delicious Vinaigrette and Varietal Dips

**Tasty Ways to Dress up Your Produce:** An anti-inflammatory diet includes eating 5-9 servings of fruits and vegetables daily, along with a liberal intake of healthy fats which add taste and nutrition. One of our favorite ways to eat produce is by making a homemade vinaigrette or dressing up fruits and vegetables with a dip or topping.

**Vinaigrette:** This French classic loves green lettuce but is also delicious drizzled on any produce! In a small bowl, whisk 3 parts extra virgin oil and 1 part red wine vinegar together. Additional options include 1 teaspoon of mustard or natural sweetener honey. Spice it up with your favorite herb or spice or add garlic, shallots, ginger or soy sauce. Be creative with oils and vinegars, experimenting with taste of walnut oil, sesame oil, organic canola oil, avocado oil with balsamic vinegar, sherry vinegar, rice wine vinegar and lemon juice.

**Guacamole:** 'Guac' is the perfect dip for slices of jicama, carrots, cucumbers, peppers and celery. For the smoothest guacamole, blend one ripe avocado with juice of half a lemon or lime and a sprinkle of sea salt. Keep the avocado pit in the dip to stop the guacamole from browning.

**Tzatziki:** With Greek origins, Tzatziki is a yogurt-based dip delicious with roasted and raw vegetables. Peel a medium size cucumber, cut in half to remove seeds, and grate. Squeeze as much liquid as possible from the grated cucumber and add this to a bowl. Add 1 minced garlic clove, 1 tablespoon of chopped fresh dill and 2 cups of full fat plain Greek yogurt, 1 ½ tablespoons of white wine vinegar, a dash of sea salt and fresh ground pepper. Mix well, garnish with fresh dill and 1 tablespoon of extra virgin olive oil. Let marinate in refrigerator for at least 2 hours before serving.

**Pesto:** Pesto is the perfect summer topping. In a blender or food processor, add 2 cups fresh basil leaves, 2 tablespoons pine nuts (or walnuts), ½ cup olive oil, ½ cup grated parmesan cheese (or nutritional yeast for a plant based option), 2 cloves garlic. Blend until smooth. Use pesto with sautéed vegetables, chopped tomatoes or with thinly sliced vegetables like mushrooms, onions, and zucchini.

**Hummus:** In a blender combine 2 cans of rinsed chick peas, ¼ cup tahini sesame seed paste, 2 cloves garlic, the juice of 2 lemons (~1/3 cup), ¼ cup olive oil, 1 teaspoon cumin, a few sprigs of chopped flat parsley. Process until smooth. Add water if the hummus is dry and blend again. Hummus is wonderful with sliced red and yellow peppers, snap peas or lightly steamed whole green beans.

**Aioli:** Aioli is a popular Mediterranean dip that goes well with roasted vegetables, artichoke and raw crudité. To make aioli, make a paste of 3 cloves of garlic and ½ teaspoon sea salt in a mortar or food processor. Transfer paste to a medium size bowl and hand whisk or with an immersion blender, blend one large pasteurized whole egg yolk, with ¼ cup grapeseed oil (small amounts at a time) while the texture gets thicker. Add 1 teaspoon lemon juice and slowly add ¾ cup of grapeseed oil and ½ cup of olive oil while blending continuously until a mayonnaise texture forms. Season with sea salt and freshly ground pepper. Store in the refrigerator and use within two weeks.

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