Recipe For Health | JUNE 2018

RASPBERRY VINAIGRETTE

Michigan raspberries abound in summer and fall. This simple vinaigrette uses raspberries as one of the acidic ingredients, fundamental to making a flavorful salad dressing. Particularly delicious on vegetable salad accented with fruit.

_by Peggy Crum, MA, RD, Health4U Nutritionist_

**Featured Food:** Raspberries

**Yield:** 3/4 cup

**Ingredients**

- 6 to 8 oz fresh or frozen raspberries (fresh is fine but you may want to freeze your berries first as freezing helps them release their juices)
- 1 T red wine vinegar
- ½ to 1 t honey
- Pinch of salt
- Black pepper to taste
- 5 T extra virgin olive oil

**Preparation**

Wash berries and place in fine mesh strainer. Mash the berries, pushing the fruit through the strainer into a glass measuring cup until you have about ½ cup of raspberry juice and seedless puree. Discard what is left in the strainer.

Add vinegar, ½ t honey, salt, and pepper. Whisk in the olive oil. Taste. Add more honey, salt, and/or pepper to taste.

Keeps in the refrigerator for about a week.