



Strawberry Balsamic Vinaigrette

a recipe from Georgia School Nutrition Program

PREP TIME: 5-10 minutes CATEGORY: Condiment

Ingredients:

- 2 qt. Balsamic Vinegar
- 1 gal. IQF/Frozen Strawberries
- 1 each Sweet Onion, minced
- 8 each Basil leaves
- 2/3 c. Dijon Mustard
- 2 tsp. Garlic, minced
- 4 qt. Canola oil

Steps:

1. Combine vinegar, strawberries, onion, basil, mustard and garlic in VCM and puree until a smooth paste.
2. While VCM is running, slowly drizzle oil into strawberry mixture.
Critical Control Point: Cool to 41 F or lower within 4 hours.
3. Place in an airtight container with tight fitting lid.
4. Store in refrigerator for up to 7 days.
Critical Control Point: Hold at or below 41 F

TIPS:

Speed Scratch Method: Blend 2 qt. IQF/frozen strawberries into 1 gallon premade balsamic vinaigrette.

Blender Method: Follow the same instructions substituting a blender for the VCM. You will need to prepare in smaller batches, based on the capacity of your blender.

Recipe Variations: Try switching out other Harvest of the Month IQF/frozen fruit based on seasonality:

Scratch Recipe: 1 gallon blueberries or peaches

Speed Scratch Recipe: 2 qt. blueberries or peaches

CREDITING INFORMATION:

N/A

HAACP CATEGORY:

No Cook

NUTRITION INFO

Serving Size: 2 Tbsp (1 oz)

Calories: 135 **Carbohydrates:** 2 g

Protein: <1g **Total Fat:** 14 g **Sat. Fat:** 1 g

Cholesterol: 0 g **Sodium:** 15 mg

Fiber: <1 g

Vitamin A: < 1 IU **Vitamin C:** <1 mg

Calcium: 2 mg **Iron:** < 1mg