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

**NUTRITION INFO**
- **Serving Size:** 2 Tbsp (1 oz )
- **Calories:** 135
- **Carbohydrates:** 2 g
- **Protein:** <1g
- **Total Fat:** 14 g
- **Sodium:** 15 mg
- **Cholesterol:** 0 g
- **Sat. Fat:** 1 g
- **Fiber:** <1 g
- **Vitamin A:** < 1 IU
- **Vitamin C:** <1 mg
- **Calcium:** 2 mg
- **Iron:** < 1 mg

**CREDITING INFORMATION:**
- **N/A**

**HAACP CATEGORY:**
- No Cook

Provided by the Georgia Department of Education School Nutrition Program