

# Basil Vinaigrette



Fresh herbs are a great way to add nutrition, flavor and freshness to your usual meals. You can grow your own herbs in a garden or a pot in a sunny location or find fresh herbs year-round at grocery stores from local Iowa producers like Mariposa Farms and Rolling Hills Farms. The recipe below features fresh basil

and comes together quickly. You'll find it's delicious drizzled over fresh sliced tomatoes, cooked green beans or grilled zucchini. Try adding to a mixed green salad for a pop of summer flavor.

- 1 small shallot, *peeled and finely chopped*
- ½ cup *loosely packed fresh basil leaves, chopped*
- ¼ cup *extra-virgin olive oil*
- 3 *tablespoons white-wine vinegar*
- 2 *teaspoons honey*
- 2 *teaspoons Dijon mustard*
- ½ *teaspoon ground pepper*
- ¼ *teaspoon salt*



**All you do:** Combine shallot, basil, oil, vinegar, honey, mustard, pepper and salt in a mason jar, put lid on and shake until well blended. If you want, you can put in blender and puree until smooth (leave basil leaves whole and simply cut the shallot into quarters).

**To make ahead:** Refrigerate for up to 5 days. Source: adapted from [eatingwell.com](http://eatingwell.com)

**Tips on using fresh basil:** The leaves are delicate, use a sharp knife. Roll leaves tightly and slowly slice or chop. Add to your dish right before serving to maintain best flavor. Basil pairs well with tomato sauce, pastas, salads, salad dressings, pizza, soups, summer veggies, eggs, chicken and fish. Here is another simple way to use fresh basil, layer slices of fresh tomato, slices of fresh mozzarella and fresh basil leaves. Drizzle with olive oil and a freshly ground black pepper. You can put stems of fresh basil in a container of water and place on counter to preserve for a few days, change water daily.

