

# Vinaigrettes and Sauces

## Make Every Day a Holiday!

### Garlic Vinaigrette

#### Ingredients:

1 cup extra virgin olive oil  
4 tbsp. apple cider vinegar  
4 cloves garlic, minced  
1 tsp. honey  
Salt, to taste  
1/8 tsp. red pepper flakes

#### Directions:

In a small bowl, whisk together olive oil, vinegar, garlic, honey, and red pepper flakes. Season with salt, continue to whisk until emulsified. Serve with raw or cooked vegetables. Makes 1 ¼ cups

### Spicy Vinaigrette

#### Ingredients:

½ cup apple cider vinegar  
½ tsp. cumin  
Salt, to taste  
Freshly ground black pepper  
3 green chili peppers  
½ cup vegetable oil  
1 bunch cilantro, minced

#### Directions:

Combine vinegar and cumin, season with salt and pepper and mix well. Slice chili peppers in half, lengthwise, remove seeds & ribs. Slice into ½ inch strips and dice. Add peppers to the bowl and whisk in a steady stream of oil. Add cilantro and whisk until emulsified. Serve drizzled over salads or as a dip for raw vegetables. Makes 1 cup

## Zucchini Sauce

### Ingredients:

2 tbsp. extra virgin olive oil  
2 medium zucchini, peeled and finely diced  
3 tbsp. fresh or canned diced tomatoes  
salt, to taste

### Directions:

In a skillet, over medium-high heat, warm the oil. Add zucchini and tomatoes. Season with salt and simmer for 3 minutes. Lower the heat, continue cooking, stirring until it has a sauce-like consistency...about 6 minutes. Serve as a sauce for pasta. Serves 4

## Peach Sauce

### Ingredients:

½ cup sugar  
zest and juice of 1 orange  
2 ripe peaches diced 2 tbsp. whipped cream

### Directions:

In a small pot, combine 1 cup of water, with the sugar and orange zest. Bring to a boil and cook until it resembles syrup. Add peaches and cook until tender. Transfer to a food processor and puree until smooth. When cooled, fold in the whipped cream. Serve as a topping for gelato, fresh fruit or a sponge cake. Serves 4