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WELLNESS  
FAIR**

*Teaching*  
**KITCHEN**  
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# COOK WITH US

*at work!*

## Vamp Up Your Vinaigrette!

Join FLIK Dietitian Keira Franklin for a teaching kitchen! Learn tips & tricks for supporting heart health and mix your own vinaigrette to take home.

**Wednesday, October 2<sup>nd</sup>  
10AM-3PM**

Food by FLIK

# vamp up your vinaigrette

Making a homemade vinaigrette salad dressing is easy, delicious and much better for you than store bought ones.

- Once you know the basic technique and ingredient proportions you can make many variations.
- The classic vinaigrette uses a 1 to 3 ratio of vinegar (acid) to oil. A high quality oil like extra virgin olive oil actually promotes good health. By making a homemade dressing you can usually cut the sodium in half. If you want to cut calories a little you can use a 1 to 2 ratio of vinegar (acid) to oil.
- A house-made vinaigrette that is used to lightly toss (not drown) a salad or veggies is much better for you than a commercial fat-free dressing. When dressing your salad add one spoonful at a time, many people overdress their salads!

## Building a vinaigrette grid

vinegar/acid	Balsamic, White Balsamic, Champagne, Sherry, Apple Cider, Red Wine, Citrus Juice (Lemon, Lime or Orange Juice)
oils	<b>Full Flavor Oils:</b> Extra Virgin Olive Oil (EVOO), Virgin Olive Oil, Walnut, Almond, <b>Neutral Flavor Oils:</b> Canola, Grapeseed
salty	Kosher Salt, Dijon, Soy Sauce, Capers, Parmesan Cheese
aromatics	Garlic, Shallot, Ginger, Scallion, Fresh Chopped Herbs (Tarragon, Parsley, Cilantro, Thyme, Oregano)
sweetness	Sugar, Honey, Agave, Maple Syrup, Pomegranate Molasses (also provides a sour taste)
binding	Ingredients that help bind a vinaigrette include Dijon, high quality Balsamic, cheese (such as parmesan or feta) and nuts

# basic vinaigrette

4 servings, 2 Tbsp each

CALORIES	FAT	SAT FAT	CARBS	PROTEIN	FIBER	SODIUM
191	20g	3g	2g	0g	0g	112mg

## Ingredients

- 1 tsp Shallots, minced
- 1 tsp Garlic cloves, minced
- 2 tsp Thyme, fresh, chopped
- 2 tsp Dijon Mustard
- 6 Tbsp Extra Virgin Olive Oil
- 2 Tbsp Apple Cider Vinegar
- 1 tsp Honey
- 1/8 tsp Salt
- 1/8 tsp Black Pepper

## Directions

**Preparation time = 5 minutes**

1. Mince garlic and shallots, chop thyme. Add to small mixing bowl.
2. Add vinegar, honey and Dijon mustard to bowl and whisk together.
3. Very slowly drizzle in the oil a little at a time while whisking constantly, until all of the oil is added.
4. Taste. Adjust salt and pepper seasoning, if needed.

## Variations

4 servings, 2 Tbsp each

### Lemon Dijon Tarragon

- 2 Tablespoons fresh Lemon Juice
- 4 teaspoons Dijon Mustard
- 6 Tablespoons Extra Virgin Olive oil
- 2 teaspoons each minced Shallot, Tarragon
- 2 teaspoons Honey

### Balsamic Basil Strawberry

- 2 Tablespoons high quality Balsamic Vinegar
- 4 Tablespoons finely chopped fresh Strawberries
- 6 Tablespoons Extra Virgin Olive oil
- 2 teaspoons each minced Shallot, fresh Basil

### Mediterranean Vinaigrette

- 2 Tablespoons high quality Red Wine Vinegar
- 4 teaspoons Grainy Dijon
- 6 Tablespoons Extra Virgin Olive oil
- 4 Tablespoons finely chopped or pureed Roasted Red Pepper
- 2 teaspoons Capers, minced
- 2 teaspoons Oregano, fresh



# HEART HEALTHY KITCHEN STAPLES

Contrary to popular belief, many nutrient-dense foods are also shelf-stable, freezer-friendly and long-lasting.

A heart healthy eating pattern includes a variety of fruits, vegetables, whole grains, beans and legumes, lean protein and unsaturated fats found in plants and some fish. You can also reduce the need for added salt by flavoring meals with herbs, spices and other low-sodium condiments. **We've broken it down into sections to make stocking your heart healthy kitchen a breeze.**

## FRUITS AND VEGGIES

Dried fruit (no sugar added varieties)	Longer lasting fresh produce – such as winter squash, carrots and potatoes
Canned fruits/veggies (packed in 100% fruit juice and no salt added varieties)	Frozen fruits and veggies (no sauces, salt, or added sugar varieties)
Unsweetened applesauce	

## WHOLE GRAINS, BEANS AND LEGUMES

Quinoa	Farro
Brown rice	Bulgur
Whole wheat pasta	Whole wheat bread and crackers
Whole wheat tortillas	Rolled oats
Canned beans (no salt added)	Popcorn
Tortilla chips	Dried lentils

## CANNED/FROZEN PROTEIN

Salmon, tuna, chicken and sardines	Frozen chicken breast, fish filets and shrimp
Veggie patties	Boxed soy milk or dried milk

## HEART HEALTHY FATS

Oils such as olive, canola, avocado, or walnut	Nuts and seeds such as almonds, peanuts, cashews, sunflower, pumpkin, chia and flax
Sunflower seed butter	Olives

## FLAVOR ENHANCERS

Herbs and spices, such as thyme, oregano, garlic powder, onion powder, red pepper flakes and cumin	Vinegars such as balsamic, sherry, or red wine. Vinegar can brighten the flavor of a dish without the need for salt.
Store-bought dips such as guacamole, hummus and salsa	Lemon or lime juice. Similar to vinegar, citrus can make a dish more tasty without adding salt.
Jarred pesto or tahini sauce	Sauerkraut or kimchi
Canned tomatoes, tomato pasta or jarred marinara sauce	Varieties of mustards such as spicy brown, Dijon and grainy

## MEAL TIME MADE EASY: Putting it all Together

Now that you've got the basics down, let's build some meals that come together in minutes!

### BLACK BEAN AND SPINACH QUESADILLAS

Whole Wheat Tortilla  
Canned Black Beans  
Shredded Cheddar Cheese  
Spinach

**PRO TIP:** Serve with Greek yogurt, salsa and guacamole.

### MEDITERRANEAN TUNA BOWL

Canned Tuna  
Quinoa  
Olives  
Sundried Tomatoes  
Lemon Juice

**PRO TIP:** Add in salad greens, such as spinach or arugula for added freshness. Serve with hummus or green tahini sauce.

### PESTO PASTA WITH CHICKPEAS

Jarred Pesto  
Whole Wheat Pasta  
Canned Chickpeas  
Lemon Juice  
Olive Oil

**PRO TIP:** Add in greens such as kale or spinach to boost the nutrition of this dish!



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