

Red Wine Vinaigrette Dressing (Good on all days)

Makes ½ cup

2 tbsp red wine vinegar

6 tbsp extra-virgin olive oil

1 large clove garlic (through a garlic press or minced very fine)

½ tbsp dried oregano

1/8 tsp sea salt

freshly ground black pepper

1. Put all the ingredients in a jar, cover tightly and shake until blended. Store in the refrigerator. If the dressing gets thick in the refrigerator, remove and bring to room temperature before shaking and using. Good for salads, as a marinade for grilled vegetables, on top of steamed vegetables.

You can use different types of vinegars or lemon juice instead of the red wine vinegar.