

## Low-Sodium Vinaigrette

### Ingredients

- Olive oil –**90ml**
- Rice vinegar (or red wine vinegar) – **60 ml**
- Dijon mustard – **10g**
- Honey – **1 tsp (6 g)** (*balances acidity without being sweet*)
- Garlic – **2 small clove, finely grated or pressed**
- Coconut aminos – **2 tsp** (*umami + light salt substitute*)
- Freshly ground black pepper – to taste
- Optional: **fresh herbs** (parsley, basil, shiso, or chives), finely chopped



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### Instructions


1. In a small jar or bowl, whisk (or shake) vinegar, mustard, honey, garlic, and coconut aminos until combined.
2. Slowly whisk in olive oil until emulsified (or just shake vigorously in the jar).
3. Stir in herbs, season with black pepper. Taste — if you want more brightness, add a squeeze of **lemon juice**.

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### Vinaigrette Nutrition (per 1 tbsp / 15 ml)

- **Calories:** ~62 kcal
- **Protein:** 0.1 g
- **Fat:** 7 g
  - Sat. Fat: 1 g
- **Carbs:** 1.2 g
  - Sugars: 0.9 g
- **Fiber:** 0 g
- **Sodium:** ~45 mg (from coconut aminos)
- **Omega-3:** ~0.05 g (trace from olive oil)

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 **Serving tip:** Toss this with a mix of leaf lettuce, cucumber, and a handful of walnuts. That way, you get crunch + an Omega-3 boost to complement the gratin dinner.

### Side: Simple Green Salad with Vinaigrette

- **Salad base:** ~100–120 g greens (leaf lettuce, cucumber, walnuts optional).
- **Dressing:** 1 tbsp (15 ml) vinaigrette per serving.