

Citrus Vinaigrette

This recipe is from one of my all time favorite cookbooks, *The Golden Door Cooks Light and Easy* (http://www.amazon.com/Golden-Door-Cooks-Light-Easy/dp/158685254X/ref=sr_1_1?ie=UTF8&s=books&qid=1258091185&sr=8-1) Michel Stroot is a culinary wonder when it comes to preparing simple yet gourmet yet low-calorie, healthy meals using the abundance of fresh produce that Southern California boasts. Honestly, you can't go wrong.

Ingredients

2 tablespoons water
1/3 cup fresh orange juice
2 tablespoons champagne or chardonnay vinegar (any white wine vinegar will do)
2 tablespoons olive oil
1 tablespoon maple syrup
1 tablespoon dijon mustard
Salt and pepper to taste

optional ingredients:

1 teaspoon grated orange zest
1/2 teaspoon chopped lemon or common thyme

Directions

Combine all ingredients and process until smooth. I usually use an old jam jar and shake it up really good.