



LOCAL FOODS FOR GROWING MINDS

**FEED
OUR
FUTURE**

RECIPE CARD

Make this dish. Make an impact.

When you choose to buy, prepare and eat fresh, local foods, it's better for you and your community! What will you make today? Cook & share with #FeedOurFuture.



Local Herb Vinaigrette

Featured Item: Herbs

Serving Size: 2 tbsp. • Number of Servings: 4

Fun Facts:

- In the garden, basil keeps bad bugs away from tomatoes!
- Parsley has more vitamin C than an orange.

Try It!

- Make dinner a family affair. Kids can help their parents make dinner by pulling leaves off of herbs!
- See how many herbs you can guess by smell alone.

INGREDIENTS

- 2 tbsp.** Apple Cider Vinegar
- 1 tbsp.** Honey
- ½ cup** Canola Oil
- 2 tbsp., chopped** Fresh herb of choice
- 1 ½ tsp.** Lemon Juice
- 1 tsp.** Fresh garlic, peeled
- ½ tsp.** Salt

DIRECTIONS

- 1.** In a mixing bowl, combine vinegar, honey, lemon juice, and garlic. Whisk well.
- 2.** While whisking, slowly add canola oil.
- 3.** Mix in chopped herb.
- 4.** Add salt to taste.

Source: Pisanick Partners, LLC.