



Thimbleberry Vinaigrette

Recipe from Meghan Jaszczak, RD

Community Health Educator with Copper Shores

Ingredients:

- **3:1 Oil to Vinegar Ratio**
 - Extra virgin olive oil
 - Apple cider vinegar
- **3 tablespoons** thimbleberry jam
- **¾ tsp** mustard powder
- **Salt & pepper to taste**
- **Optional** – Fresh Basil, chopped

You will need:

Pint-sized mason jar with lid

Instructions:

For this recipe we're taking a simplified approach. Less measuring, more eyeballing (which also means less dishes!)

- 1)** Pour olive oil into the mason jar, slightly more than $\frac{2}{3}$ of the way full.
- 2)** Follow by pouring vinegar until the jar is about $\frac{3}{4}$ of the way full.
- 3)** Measure out thimbleberry jam in a small bowl and add 1-2 tbs of hot water to thin out jam. Stir until no lumps of jam remain. Add to vinegar and oil mixture.
- 4)** Add mustard powder, salt, pepper, and chopped basil (optional). Shake jar and enjoy!

Prep Time: 5 minutes | "Cook" Time: 5 minutes

Recipe Swaps or Additions

More or less tang – This recipe calls for a 3:1 oil to vinegar ratio. You can adjust the taste to your preferences. If you prefer a tangier dressing, you can add more vinegar. If looking to mellow out the tang, you could also switch to a balsamic vinegar which is a bit sweeter than apple cider vinegar.

Lower sugar – If looking to reduce the sugar content you could decrease how much thimbleberry jam you add. We found to get the most vibrant thimbleberry flavor without an overly sweet dressing, the amount listed in the recipe was the "goldilocks" amount, but adjust to your tastebuds and liking!