

Wow!



SPECIAL

VINAIGRETTE 101

STACEYHAWKINS.COM



LET'S START WITH GREEN SALADS

Stacey Says:

Success with green salad means matching the right base, or greens to the right dressing. Tender greens like butter lettuce, mesclun, or other leaf lettuces need to be matched with a salad dressing that won't weigh them down. Light leaves mean a light dressing like a vinaigrette that is oil and vinegar based. Heavier greens like romaine lettuce, iceberg lettuce or kale can use either a vinaigrette OR can hold up to a heartier, heavier dressing, usually cream based, like blue cheese or Caesar dressing.

BASIC VINAIGRETTE RECIPE

Once you start making home-made vinaigrette, I promise, you won't go back! Freshly made vinaigrettes can be stored in an airtight container and then kept in the fridge for up to 2 weeks. They are a fraction of the price of those found in the store and 10x the flavor. So mix and match ingredients on the chart Stacey created for you and make up a few batches to always have on hand.

A traditional vinaigrette calls for 1 tablespoon vinegar for every 3 tablespoons of oil. Personally, we like more vinegar and less oil and use a 1 to 2 ratio, but that's up to you.



WHAT YOU WILL NEED

- Oil for your base
- Vinegar of choice
- Mustard for some creaminess, complexity and thickness
- A little sweetness that balances the acidity of vinegar (if desired)
- Seasonings for Flavor
- Dash of Desperation to balance it all out

BASIC RECIPE

- 1/2 C Stacey Hawkins Oil
- 4 T vinegar
- 1 T mustard
- 1 tsp to 1 T Something Sweet (*if desired*)
- 1 T Stacey Hawkins Seasoning
- 1/4- 1/2 tsp Stacey Hawkins Dash of Desperation
Seasoning to taste

DIRECTIONS

Add all ingredients to a mixing bowl, whisk together and store in an airtight container.

Best to make 1/2 hour before serving to allow ingredients to combine for maximum flavor. May be stored up to 2 weeks in the refrigerator.

MIX AND MATCH VINAIGRETTE CHART

Select one ingredient from each column to create your perfect vinaigrette salad dressing using Stacey's Basic Recipe on the previous page. Have fun getting creative!

OIL	VINEGAR	MUSTARD	SWEET	SEASONING	SALT & PEPPER OR DASH OF DESPERATION
SH LUSCIOUS LEMON OIL	WHITE WINE OR CHAMPAGNE	DIJON	MAPLE SYRUP	SH CITRUS DILL	SALT & PEPPER OR DASH OF DESPERATION
SH ROASTED GARLIC OIL	SH BALSAMIC MOSTO COTTO*	YELLOW SALAD	HONEY	SH ROCKIN RANCH	SALT & PEPPER OR DASH OF DESPERATION
SH VALENCIA ORANGE OIL	APPLE CIDER	BROWN SPICY	FRUIT SYRUP OR JUICE	SH SIMPLY BRILLIANT	SALT & PEPPER OR DASH OF DESPERATION
OLIVE OIL	RICE WINE	WHOLE GRAINY	PINCH OF SUGAR	SH TUSCAN FANTASY	SALT & PEPPER OR DASH OF DESPERATION
	RED WINE	SH DELUXE HONEY MUSTARD	MELTED JAM OR JELLY		SALT & PEPPER OR DASH OF DESPERATION
	TRADITIONAL BALSAMIC VINEGAR		PUREED FRESH FRUIT		SALT & PEPPER OR DASH OF DESPERATION

**Note that if you use the SH Balsamico Mosto Cotto, you should not add anything from the sweet column as it will make the creamy dressing too sweet. The Balsamico Mosto Cotto is thick, rich and sweet on its own and needs nothing else for balance.*

A FEW OF MY FAVORITES

TRADITIONAL TUSCAN BALSAMIC

Roasted Garlic Oil, Balsamic Mosto Cotto, Dijon, Tuscan Fantasy, Dash of Desperation

LEMONY DIJON:

Luscious Lemon Oil, White Wine Vinegar, Dijon, 1 tsp lemon juice, pinch sugar, Simply Brilliant, Dash of Desperation.

GARLIC RANCH

Roasted Garlic Oil, Apple Cider Vinegar, Dijon, Rockin' Ranch, Dash of Desperation

FRESH LEMON DILL

Luscious Lemon Oil, White wine, whole grainy, honey, Citrus Dill, Dash of Desperation

The list goes on and on! Simply mix and match from the columns and like an artist, create away.



Stacey Hawkins

THE QUEEN OF LEAN & GREEN

Stacey is an inspiration to everyone she meets.

A busy mom and chef, she simply was fed up with being overworked and overweight and got bored and frustrated eating chicken and salad every night.

Through her struggle, Stacey developed an EASY way to make better meals, and her life dramatically transformed as a result.

Everyone wanted to know what she did, so she put her methods into an easy meal-making system, now available for you!

Her method is is easy and delicious no matter what your cooking ability or budget.

Not only is it every-day doable, but you may lose a few pounds too! (BTW, Stacey lost 100 pounds along the way!).

Her recipes, products and techniques have transformed meal making and changed thousands of lives around the globe.

As Stacey says, "You CAN make make a better meal and live a better life forever ... it's EASY!"



Explore even more delicious flavors

OVER 30 OPTIONS TO CHOOSE FROM!

We believe that better food leads to a better life, easily and deliciously! Our menus take the guess work out of the question, "What's for dinner tonight?" So make sure to [join](#) our FREE Recipe Club today!

While not "diet" products, our recipes and spice blends have been developed to comply with low-carb diet programs such as Optavia and help you easily reach your goals.

"When age, the doctor and just plain common sense tell you to make a change, it's time. No one likes to give up great-tasting food. With Stacey Hawkins seasonings and herbs it's been a delicious, tasteful, healthy change. Her help with recipes in her book is providing big rewards. Enjoy the ride!"

~ Tom
a Stacey Hawkins customer

