

Balsamic Vinaigrette

By Katie Mae, PlantzSt.com

Makes 1½ cups | Ready in 5 minutes | Stores 10 days in fridge

INGREDIENTS

- 1 cup water
- ½ cup balsamic vinegar
- ¼ cup chia seeds
- 3 garlic cloves (or up to 6 cloves if roasted first)
- 1–2 Medjool dates, pitted
- ½ teaspoon black pepper
- ¼ teaspoon no salt seasoning (i.e. Benson's Table Tasty)
- ¼ teaspoon dried oregano
- ¼ cup chopped fresh parsley

ACTION STEPS

1. Add all ingredients to a blender, except for the parsley. Blend until the dressing has a smooth and even consistency.
2. Add the parsley. Blend for just a couple seconds or pulse couple times, so you can still see green flecks of the parsley.
3. Transfer to an air-tight container and store in the fridge. Shake the container or stir the dressing well before using.