



pecan vinaigrette

ingredients

1/2 cup water
1/2 cup balsamic vinegar
1/4 cup Dijon-style mustard
1 cup pecans, toasted
1/2 cup safflower or sunflower oil
1 tablespoon maple syrup or agave nectar
5 teaspoons apple cider vinegar, raw
1 tablespoon soy sauce, or to taste
1/4 teaspoon garlic, minced (optional)
a wooden spoon



place all ingredients in a blender and blend until smooth.

serve with a large organic mixed green salad with all of your favorite veggies such as tomato, cucumber, grated carrots, red onion slices, olives and more



. "Pecans are not cheap, my hons. In fact, in the South, the street value of shelled pecans just before holiday baking season is roughly that of crack cocaine. Do not confuse the two. It is almost impossible to make a decent crack cocaine tassie, I am told."

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