

K's Kitchen: Wine infused vinaigrette

By Kathryn Reed

It was a bold move earlier this month when I chose to serve a spinach salad to my friend who is famous for her spinach salad.

It paid off. We all had seconds.

The dressing below will work on all kinds of green salads. I tossed Craisins and chopped walnuts in with the spinach. This made for a sweet, crunchiness. Nuts are a much healthier alternative than croutons. Pecans or pine nuts would work, too.

Only dress the amount of salad you believe you will eat at that meal because a dressed salad won't last.

This recipe was enough for three people the first night, and leftovers for me for later in the week.



Red Wine and Dijon Vinaigrette

$\frac{1}{2}$ C dry red wine

$\frac{1}{4}$ C red wine vinegar

1 T Dijon mustard

$\frac{1}{4}$ C canola oil

Salt and pepper

In a small saucepan bring the wine to a simmer. Cook over moderate heat until reduced to 2 tablespoons. Let cool.

Pour wine in bowl. Whisk in red wine vinegar and mustard. Slowly drizzle in canola oil. Season with salt and pepper.