

Bella Orange Vinaigrette
by: Hank Stelzl

Ingredients:

- 1 ½ cups of organic orange juice no pulp if available.
- ½ cup of balsamic vinegar
- ½ cup white vinegar
- ⅓ cup Dijon style mustard
- ½ cup of raw honey
- add pepper taste

Directions:

In a blender pour the orange juice in first then turn blender on and begin adding vinegar followed by mustard and honey. Continue blending until all ingredients are blended and looks liquidy. Then add pepper.

Serve with a salad mixed with mixed green leaf and red leaf greens, chard, kale, mustard greens. Mix all together in a mixing bowl and serve garnished with fresh orange slices. Add crumbles of your favorite cheese if you like and sunflower seeds.