

Souper Season of Comfort, Winter 2001

Power Pantry

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Power Pantry: Vinegars

Hello. Here's some fruit and vegetable news you can really enjoy. How about making a terrific tossed salad, filled with great tasting spinach, cucumber, tomatoes, green onions, celery, and the stunning red pepper! Great ingredients! They're available all year round, and they burst with flavor when a bright, homemade dressing is tossed in at the last minute. This is where my supply of vinegars comes in handy. There are many types of vinegars, each with a different flavor and intensity. My favorites are a sweet tasting balsamic, mild Japanese rice, and cider vinegar with its good fruit flavor. Combine them, one at a time, with a little olive oil and your favorite herbs. It brings new flavors to old salads. So, go on, do yourself a flavor. Enjoy your 5 or more servings of fruits and vegetables every day.

Vinegar Recipe Tips:

1. For an easy and bold salad dressing, mix balsamic vinegar, a little olive oil, dried basil, and a pinch of salt and pepper. Shake well before serving over salad.
2. A cup of salad greens equals one vegetable serving.

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