



## The Vinaigrette Variations

BY KATE SHERWOOD

Each recipe uses a different take on balsamic vinaigrette to highlight the other ingredients. The combination of tart vinegar with something savoury and something sweet makes for three deliciously different dishes. 🍴

Got a question or suggestion? Write to Kate at [healthycook@cspinet.org](mailto:healthycook@cspinet.org).

### Sydney Stir-Fry



For a rich caramelized taste, brown the broccoli and peppers well. If tofu isn't in the cards, you can use chicken or shrimp.

- 1 **350 g package extra-firm water-packed tofu, drained**
- 3 **Tbs. balsamic vinegar**
- 2 **Tbs. reduced-sodium soy sauce**
- 1 **Tbs. honey**
- 2 **cloves garlic, minced**
- 1 **Tbs. grated ginger**
- 3 **Tbs. vegetable oil, divided**
- 250 **g broccoli florets**
- 1 **red pepper, thinly sliced**
- 4 **green onions, sliced**

Cut the tofu across the width into 6 slabs. Cut each slab in half to make 12 squares. Blot the tofu to remove some of the moisture and set aside.

Whisk together the balsamic vinegar, soy sauce, honey, garlic, and ginger in a small bowl and set aside.

Sauté the broccoli in 1 Tbs. of oil over medium-high heat until bright green and starting to brown in places, about 5 minutes. Remove from the pan. Sauté the pepper in 1 Tbs. of oil over medium-high heat until it starts to brown, about 3 minutes. Remove from the pan. Sauté the tofu in the remaining 1 Tbs. of oil over medium-high heat until browned, 2 minutes per side. Add the vinegar mixture to the tofu and simmer until slightly thickened, about 1 minute.

Return the broccoli and peppers to the pan and gently toss to coat with the sauce.

Garnish with the green onions and serve with brown rice or another whole grain. Serves 3.

#### PER SERVING (2 cups, without rice)

Calories: 340  
Sodium: 440 mg  
Total Fat: 21 g  
Sat Fat: 3 g  
Cholesterol: 0 mg  
Protein: 17 g  
Carbohydrates: 22 g  
Fibre: 5 g

Photo: Jorge Bach.



Sydney Stir Fry

### Saint-Tropez Chicken



The recipe is great with grilled vegetables (mushrooms, peppers, eggplant, onion, and zucchini) instead of chicken.

- 3 **Tbs. balsamic vinegar**
- 1 **Tbs. Dijon mustard**
- 1 **Tbs. honey**
- 2 **cloves garlic, minced**
- Freshly ground black pepper**
- 2 **Tbs. extra-virgin olive oil**
- 750 **g boneless, skinless chicken breast**
- 1 **cup fresh basil leaves**
- 4 **cups baby arugula**
- ¼ **cup oil-packed sun-dried tomatoes, chopped**

Make the marinade by whisking together the vinegar, mustard, honey, garlic, pepper, and oil in a small sauce pan. Bring to a boil and simmer until slightly thickened, 3-5 minutes. Set aside.

Put the chicken breasts in a heavy plastic bag and pound to an even ½" thickness. Grill the chicken on a well-seasoned, medium-hot grill until cooked through, about 3 minutes per side. Allow to rest for 5 minutes, then slice across the grain. Toss the chicken slices with the cooked marinade.

Roughly chop the basil and arugula and toss with the sun-dried tomatoes. Arrange the chicken slices on a platter and top with the basil-arugula mix. Serves 4.

#### PER SERVING (2 cups)

Calories: 310  
Total Fat: 12 g  
Sat Fat: 2 g  
Protein: 37 g  
Sodium: 310 mg  
Cholesterol: 110 mg  
Carbohydrates: 10 g  
Fibre: 1 g

### Santa Monica Mushroom Salad



Here's an ideal summer meal for two or side salad for four. Try a mix of cremini, portobello, and/or shiitake mushrooms. To ratchet up the taste a notch, toss in a few wild mushrooms (like chanterelle or porcini).

- 3 **Tbs. balsamic vinegar**
- ½ **cup orange juice**
- 2 **cloves garlic, minced**
- 1 **tsp. Dijon mustard**
- 2 **Tbs. extra-virgin olive oil, divided**
- 500 **g mixed mushrooms, caps sliced and stems discarded**
- 6 **green onions, cut into 1" pieces**
- ¼ **tsp. kosher salt**
- Freshly ground black pepper**
- 10 **cups mixed baby greens**
- ¼ **cup sunflower seeds**

Make the dressing by whisking together the vinegar, orange juice, and garlic in a small pan. Simmer until slightly thickened and reduced by half, about 5 minutes. Allow to cool, then whisk in the mustard.

Using 1 Tbs. of oil for each batch, sauté the mushrooms in two batches in a large skillet over medium-high heat until well browned, 5-7 minutes. Add the green onions during the last minute or two. Allow to cool to warm or room temperature and season with up to ¼ tsp. of salt and plenty of pepper.

Toss the greens with the dressing and arrange on a platter. Top with the mushrooms and sunflower seeds. Serves 4.

#### PER SERVING (2½ cups)

Calories: 180  
Total Fat: 11 g  
Sat Fat: 1.5 g  
Protein: 7 g  
Sodium: 200 mg  
Cholesterol: 0 mg  
Carbohydrates: 15 g  
Fibre: 3 g

### Tip Sheet

You don't need an expensive balsamic vinegar for these recipes. The kind you use for your vinaigrette should be fine.

The best-tasting tofu comes packed in water in the refrigerator aisle of the supermarket.