

# TURMERIC VINAIGRETTE

## Culinary Intro:

A fresh and citrusy vinaigrette that can enhance the flavor of veggies, fish, or chicken.

## Nutrition Intro:

This vinaigrette contains turmeric, a spice that is known of its anti-inflammatory properties.

**Prep time: 10 minutes**

**Ingredients for 6 servings**

**Each serving= 2 Tablespoons**

**Cost per serving=\$0.16**

- ¼ cup Tahini
- 3 Tablespoons freshly squeezed lemon juice
- 2 Tablespoons extra-virgin olive oil
- ½ teaspoon ground turmeric
- ¼ teaspoon ground cayenne pepper
- pinch salt and black pepper (optional)
- ¼ cup water

### Steps:

1. In a bowl, whisk together the tahini, lemon juice, olive oil, turmeric, cayenne pepper, and add approx. ¼ cup of water until smooth.

Nutrition Facts	
Serving Size 2 Tablespoons (29g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 180</b>	<b>Calories from Fat 170</b>
% Daily Value*	
<b>Total Fat 19g</b>	<b>29%</b>
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 1g</b>	<b>0%</b>
Dietary Fiber 0g	0%
Sugars 1g	
<b>Protein 0g</b>	
Vitamin A 0%	Vitamin C 6%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 25g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Culinary/ Nutrition Notes for Demo:

### Nutrition:

- Olive oil is a rich source of monounsaturated fatty acids, the heart healthy kind.
- The active compound found in turmeric that contains antioxidant properties is called curcumin.
- Food synergy: the olive oil and black pepper boost the absorption of the curcumin in turmeric.

### Culinary:

- Can substitute freshly squeezed orange juice for lemon juice for a sweeter vinaigrette.

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## Clean-up/Review comments

### Culinary/ Cook Once, Eat Twice:

Prepare a batch of this dressing and store in the refrigerator for up to 7 days. Bring to room temperature before using.

Materials	Shopping List
<ol style="list-style-type: none"> <li>1. 1 cutting board</li> <li>2. 1 knife</li> <li>3. 1 bowl for trash</li> <li>4. 1 bowl for dressing</li> <li>5. whisk</li> <li>6. microplane (for optional zest)</li> <li>7. mise en place bowls</li> <li>8. silicone spatula</li> <li>9. measuring cups</li> <li>10. measuring spoons</li> <li>11. paper plates/ cups/ soufflé cups</li> <li>12. paper towels</li> <li>13. tablecloth</li> <li>14. kitchen towel</li> <li>15. gloves</li> <li>16. copies of recipe</li> </ol>	<p><b>Produce</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1-2 lemons, enough to make 3 Tablespoons freshly squeezed lemon juice</li> </ul> <p><b>Condiments</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> extra-virgin olive oil</li> <li><input type="checkbox"/> ground turmeric</li> <li><input type="checkbox"/> ground cayenne pepper</li> <li><input type="checkbox"/> black pepper</li> <li><input type="checkbox"/> tahini</li> </ul>
<p><b>Prepping for demo:</b></p> <ul style="list-style-type: none"> <li>• Shop for ingredients/ Ensure all ingredients are available</li> <li>• Rinse &amp; dry produce</li> <li>• Prep &amp; store for demo as requested in recipe</li> <li>• Label all mise en place items</li> <li>• Make sure to leave a portion of the produce intact for demo purposes</li> <li>• If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time</li> <li>• Ensure all equipment is in place and set up table with a tablecloth</li> <li>• Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe</li> </ul> <p><b>Estimated time for preparation:</b> ½ hour</p>	