

Minted Bread Vinaigrette

Chef John Hughes

COOK with JOHN

Internet Address: www.cookwithjohn.com

Servings: 8

1 Bunch Fresh Mint, leaves only
1/2 Cup French Baguette,
1/4-inch dice
3/4 Cup Organic Extra Virgin
Olive Oil
2 Teaspoons Dijon Mustard
2 Teaspoons Champagne Wine
Vinegar
To Taste Sea Salt, to taste
To Taste Cracked Black
Pepper

In food processor, pulse mint leaves until coarse. Add the cubed bread and pulse until finely chopped. Transfer to a non-reactive bowl and add extra virgin olive oil, dijon mustard and champagne vinegar. Season with salt and pepper. Reserve.

Per Serving (excluding unknown items): 43 Calories; 1g Fat (13.1% calories from fat); 1g Protein; 8g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 106mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat; 0 Other Carbohydrates.

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