

Vinaigrettes Make The Most Of Sensational Salads



Vinaigrettes made with canola oil complement a variety of fresh seasonal produce.

(NAPSA)—A delicious salad dressing is the crowning touch for any salad. That's why a vinaigrette can be the right choice to top seasonal salads. It's simple to make and can easily be changed to complement a variety of fresh fruits and vegetables.

Vinaigrettes are made with an oil, vinegar or lemon juice and flavorings such as garlic, herbs or even orange juice. Yet, when it comes to creating a fabulous vinaigrette, not every oil will do.

For the healthiest, most delicious dressings, many people choose canola oil. It's lowest in saturated fats, high in cholesterol-lowering mono-unsaturated fat and is the best source of heart-healthy omega-3 fatty acids of all leading vegetable oils.

Canola oil contains zero trans fats as defined by the FDA. It is high in vitamin E. Altogether, canola oil provides the best nutritional balance of all popular cooking oils.

Another reason cooks choose canola oil is for its light flavor, which lets the flavors of even the most delicate spice shine through in marinades, dressings and infused oils.

This recipe for Strawberry and Mango Salad with Mint Vinaigrette shows just how light and

luscious a vinaigrette made with canola oil can be.

Strawberry and Mango Salad with Mint Vinaigrette

- 1 (5-oz.) bag mixed salad greens**
- 3 cups sliced strawberries**
- 1 English cucumber, quartered and diced**
- 1 large mango, peeled and diced**
- 1 large orange, peeled, pith removed and sectioned**
- ¼ cup finely chopped fresh mint**

Vinaigrette

- 2 Tbsp. vinegar**
- 1 Tbsp. lemon juice**
- ¼ cup orange juice**
- 3 Tbsp. canola oil**
- 1 Tbsp. sugar**
- Salt and pepper to taste**

Combine salad ingredients in large serving bowl. Toss lightly. In a small bowl, whisk together vinaigrette ingredients. Pour desired amount of dressing on top and toss lightly. Serve immediately. Serves 8

For more recipes and information about canola oil, visit the website at www.canolainfo.org.