



Serving size:
2 tablespoons



5 minutes

Mustard Basil Sauce Recipe



Ingredients

¼ C minced scallions
 ¼ C minced red onion
 2 T brown or spicy mustard
 ¼ C white wine [Chablis,
 chardonnay]
 1 T garlic or apple cider vinegar
 ½ C fresh basil
 1 C water

This is the basic mustard sauce. I use it for dressing, dips. Easy and FAB over greens and grains.

Method

1. Pour all ingredients except water into bowl and blend with immersion blender until smooth.
2. Add water for desired consistency.
3. Serve over tofu, greens, barley or quinoa.

Note: The flavor of the wine must be fairly bold. I use an oaky chardonnay or a light fruit wine. If you use a light flavored mustard, like a Dijon, then you can use a lighter flavored wine.

If feeding kids or concerned about wine: In a DRY, hot skillet, sear the onions for about 2 minutes. Add a teaspoon of water if they are sticking to the bottom of the pan. Add the mustard and stir for 15 seconds. Add the wine and vinegar. Bring to rolling or low boil. Turn off heat. Add basil leaves and cover with lid. Let sit for 5 minutes. Alcohol will be boiled off. Or just omit the wine. Then puree with blender.

Abbreviations: C = cup; oz = ounce; Tbsp = tablespoon; tsp = teaspoon