



# ROSEMARY LEMON VINAIGRETTE

Rosemary smells so fresh! Enjoy the aromas as you strip and chop. I love how rosemary leaves my fingers smelling so good! Then enjoy the flavors as you use this vinaigrette as a salad dressing, or a marinade for grilled veggies or fish.



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## INGREDIENTS

### Rosemary Lemon Vinaigrette:

- 1 garlic scape, chopped finely
- 2 sprigs rosemary, stems removed chopped finely
- 1/2 tsp sea salt
- 1 medium lemon, zested, then juiced, pits removed
- 1/4 cup olive oil

### Options:

- Add to a salad. Rip up green kale and lettuce. Add any veggies from your fridge.
- Store excess vinaigrette in a protein shaker cup to re-mix dressing- it's super-fast
- Use as a marinade for chicken, fish or steak, or pour over grilled asparagus or potatoes

**PREP TIME: 10 MINUTES**

**TOTAL TIME: 15 MINUTES**

Let me know what you think!  
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## DIRECTIONS

### Rosemary Lemon Vinaigrette:

1. Strip rosemary off woody stem by pinching tip & sliding your other hand down the stem. Compost stem.
2. Chop stripped rosemary finely, chop garlic scape finely- the finer the better.
3. Add garlic, rosemary, sea salt, lemon zest to the mortar bowl. Use the pestle to mash & combine.
4. No mortar & pestle? Use a blender or food processor. Or place all ingredients on a cutting board, squash, rotate with the bottom of a glass- a little messier, but still works- then add to a small bowl, & continue with a spoon, or fork to mash & combine.
5. Add lemon juice in a fine drizzle, stirring & mashing while adding. Add olive oil, stirring & mashing to combine.
6. Pour over salad, or use as a marinade.
7. Serve while smiling 😊!
8. Transfer remaining vinaigrette to an airtight container & use within a few days.