

DNG Lesson Plan—Miso vinaigrette

Salads are a part of healthy eating. Vegetable salads usually pair well with either a Ranch dressing or a vinaigrette. A vinaigrette is a vinegar-based salad dressing that can be made sweet, salty, or tangy depending upon what is added to the vinegar. In our lesson, we will be adding white miso to a pre-seasoned rice vinegar. Sesame oil is added to round out the flavor.

Ingredients:	Equipment:
1 Tbsp. seasoned rice vinegar (Marukan)	Lunch tray for student work space
1 tsp. white miso	Cutting board
¼ tsp. sesame oil	Knife
	Measuring spoons
	2 ounce portion cup with lid
	Stirring spoon or chopstick
	Bowl for salad

Salad suggestions for the miso dressing:

Lettuce with tomato and cucumber slices

Spinach with strawberry and walnuts

Cabbage with apple and beets

Whatever you like.