

## SILVER MOUNTAIN VINEGAR RECIPES

- **Marinated Cucumber and Tomatoes**

1 – 8” cucumber or 2 large tomatoes    6 oz. Vinegar of choice

2 oz. Water    2 Tbsp. Sugar    1 Tbsp. Salt

Combine bite sized pieces with the ingredients in a non-metal container and place in refrigerator for three hours.

- **Bleu Cheese Raspberry Vinaigrette**

½ cup olive oil    ¼ cup Raspberry Vinegar    ¼ cup bleu cheese

2 tsp. fresh lemon juice    7 tsp. sugar salt/pepper to taste

Combine all ingredients in a shaker bottle. Shake well and serve over Fresh garden greens, fresh fruit, or chicken.

- **Baked Florentine Tomatoes**

2 large tomatoes    1 can leaf spinach    1/3 cup Parmesan Cheese

1/3 cup Basil and Sundried Tomato Vinegar    1/3 cup bacon bits

Cut tomatoes in half and hollow out pulp. Fill tomatoes with spinach and Bacon bits. Pour vinegar over spinach and top with Parmesan Cheese. Broil or bake until golden brown.

- **Vinaigrette**

2 tsp. vinegar of choice    2 tsp. lemon juice    1 tsp. olive oil

1 tsp. Dijon mustard    ¼ tsp. salt    1/8 tsp. ground pepper

1 Tbsp. Water    ¼ cup canned chicken broth (low sodium)

1 Tbsp. Sugar (or one packet artificial sweetener – Equal, etc)

Combine ingredients in non-metal bowl and stir with a wire whisk

Until well blended. Yield: ½ cup.

- **Chicken Braised with a Scarborough Flair**

Marinate 4 chicken breasts in 1 cup of Parsley, Sage, Rosemary, and Thyme Vinegar for 30 minutes prior to baking. Rub chicken with a little salt and pepper. Brown chicken in a frying pan with 4 Tbsp. olive oil. Carefully remove chicken and place in a shallow baking dish. Drizzle with more vinegar and sprinkle with 2 Tbsp. Fresh thyme. Bake uncovered at 350 degrees for 20 minutes, basting often.