

# Pumpkin Tarragon Vinaigrette

Catherine Brown, plant-based chef & culinary nutritionist at [A Seat at My Table](#)



Total Time: 5 minutes Prep Time: 5 minutes Cook/Bake Time: None (unless you roast your own pumpkin)

## Here's what you need for about 1.5 cups of vinaigrette:

6 Tbsp cold-pressed pumpkin seed oil (can substitute with extra virgin olive oil)

4 Tbsp red wine vinegar

1 small shallot, finely minced

1 Tbsp fresh French tarragon, chopped

1 large or 2 small cloves garlic, finely minced

1 Tbsp Dijon mustard

1/4 cup pumpkin puree (not pumpkin pie filling)

1/4 tsp freshly ground black pepper (or to taste)

1/2 tsp sea salt (or to taste)

## The Process:

1. Add everything EXCEPT the oil to a small bowl or a blender.
2. Using a wire whisk (or pulse on your blender), thoroughly combine.

3. Slowly stream in the pumpkin seed oil while continually whisking (or with the blender running) until thickened and emulsified. If your bowl won't stay put, slip a damp kitchen towel underneath! This comes together so quickly I prefer to use a bowl and whisk - this also allows for the visibility of larger bits of the seasonings.

4. Taste and adjust seasonings if needed. I like the red wine vinegar to be assertive and speak for itself without being muted by a sweetener... plus the harmony with the other ingredients is fantastic! However, if you prefer a little less acidity you can either swap out one of the tablespoons of vinegar for water or add a touch of maple syrup. I won't judge!

5. Store leftovers in a covered container in your refrigerator for up to one week.

Nutrition Facts	
Servings: 8	
Amount per serving	
<b>Calories</b>	<b>110</b>
	% Daily Value*
<b>Total Fat</b> 10.7g	14%
Saturated Fat 1.9g	9%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 140mg	6%
<b>Total Carbohydrate</b> 1.9g	1%
Dietary Fiber 0.3g	1%
Total Sugars 0.3g	
<b>Protein</b> 0.5g	
Vitamin D 0mcg	0%
Calcium 6mg	0%
Iron 0mg	1%
Potassium 36mg	1%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

Recipe analyzed by **verywell**

Nutrition information is for two tablespoons of vinaigrette.