



Give Them More
of the
Good Stuff!

Vinegar Basics

*Vinegar brightens and balances flavors
without added salt, sugar or fat.*

Many Uses for Vinegar:

- * dressings and marinades
- * salsas and pickles
- * dipping sauces
- * sprinkled on roasted vegetables and sauteed greens
- * added to cooked soups, sauces and beans
- * drizzled on sandwiches and pizza

Vinegar breaks down protein fibers in meat, fish and poultry to make them tender.



Store Well Waste Less

- * Store vinegar in a cool, dark cupboard with its lid on tight.
- * Vinegar is safe to use for many years after it is opened, even if there are color, flavor or texture changes.



➔ *Humans have been enjoying vinegar for at least 7,000 years. It is made by fermenting a fruit or grain, such as grapes or rice. Its flavors are as varied as the ingredients vinegar is made from.*

Varieties of Vinegar



Distilled white
Sharp and sour
Pickling, marinades, sauces, salad dressings, baking



White wine
Sweet and mild
Salad dressings, marinades, pickling



Rice
Sweet and light
Dipping sauces, stir-fries



Apple cider
Tart and fruity
Salad dressings, marinades, cooked beans, soups, stir-fries



Sherry
Nutty and mild
Salad dressings, marinades, sauces, soups, roasted vegetables



Red wine
Crisp and sweet
Salad dressings, marinades, fruit desserts



Malt
Toasty and sweet
Marinades, cooked beans, roasted vegetables



Balsamic
Sweet and mellow
Salad dressings, roasted vegetables, sauces, fruit desserts



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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Enjoy Vinegar

Go to
[FoodHero.org](https://www.foodhero.org)
for easy, tasty
recipes using
vinegar

Red Wine Vinaigrette

Ingredients:

- 1/4 cup **vegetable oil**
- 1/4 cup **red wine vinegar**
- 2 cloves **garlic**, minced or 1/2 teaspoon garlic powder
- 1 teaspoon **Dijon mustard**
- 1 teaspoon fresh **oregano** or 1/4 teaspoon dried
- 1 teaspoon fresh **thyme** or 1/4 teaspoon dried
- 1/4 teaspoon **salt**
- 1/4 teaspoon **pepper**

Directions:

1. Wash hands with soap and water.
2. In a small bowl or jar with a tight-fitting lid, mix or shake together all the ingredients.
3. Refrigerate leftovers within 2 hours.

Notes:

- Use as a dressing or marinade.
- Try making with different oils, vinegars, mustards and herbs.
- Add a little sweetness with a teaspoon of honey or agave. (Honey is not recommended for children under 1 year old.)

Makes 1/2 cup

Prep time: 10 minutes

Pickled Cabbage Slaw

Ingredients:

- 4 cups **water**
- 1/2 green **cabbage**, shredded (about 6 cups)
- 1 medium **carrot**, shredded or sliced thin (about 1/2 cup)
- 1/4 medium red **onion**, sliced thin (about 1/2 cup)
- 1 **jalapeño pepper** or other hot pepper, minced (optional)
- 1/2 cup **vinegar** (try apple cider or distilled white)
- 1/2 teaspoon **oregano**
- 1/2 teaspoon **salt**

Directions:

1. Wash hands with soap and water.
2. Bring water to a boil on high heat.
3. Put cabbage in a colander. Slowly pour water over the cabbage. Rinse with cold water and drain well.
4. In a large bowl, stir together cabbage and remaining ingredients.
5. Chill for at least 1 hour before serving.
6. Refrigerate leftovers within 2 hours.

Notes:

- Enjoy as a topping for pupusas, tacos, quesadillas or grilled fish.
- No fresh hot pepper? Use 1/2 to 1 teaspoon dried red pepper flakes.

Makes 6 cups

Prep time: 30 minutes

Chill time: 1 hour



Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- rinse vegetables under cool running water.
- measure liquid and dry ingredients.
- shake or mix together vinaigrette ingredients.

The best substitute for vinegar is lemon or lime juice.