



- Substitute flavored vinegar for some of the water when steaming vegetables for a delicious side dish.
- Use flavored vinegar to baste turkey, chicken or lamb chops
- Take one teaspoons of flavored vinegar in a glass of water, preferably with a bit of honey. It helps take the edge off your appetite and gives you a good feeling.
- For a pick-me-up, mix three-quarters of a cup of flavored vinegar with one-quarter cup of honey. Sip a little at a time. You'll feel yourself becoming revived and rejuvenated. Keep a supply available throughout the day.
- Flavored vinegar is delicious on a salad and helps tame your appetite. Use it without oil for minimal calories with maximum flavor. Your appetite is tamed, so you can think about things other than food.
- For a tasty treat, fill glasses half full with apple cider vinegar or fruit vinegar. Fill the rest up with club soda or sparkling water and ice. Garnish with a sprig of fresh mint or a sliver of lemon or lime.
- Add two cups of flavored vinegar to stew to enhance its flavor.
- Flavored vinegar make a very good marinate for any type of meat.
- Vinegar is also a very good meat tenderizer.
- Flavored vinegar can be used in any recipe that calls for vinegar. So just go to you cookbooks and you will find many recipes that can use flavored vinegar.
- Go to "Google" and search for "flavored vinegar recipes" and you will find a mint of vinegar recipes.

*I am a cook who very seldom uses a recipe. The following recipes are the ones I use the most. I use vinegar to tenderize meat and cut down on using oil. When I fry meat, I spray the pan with oil and add 2 tablespoons to 1/2 cup of flavored vinegar.*

