

DRESSINGS

Balsamic Vinaigrette

Serves 10

¾ cup extra virgin olive oil
¾ cup balsamic vinegar
1 garlic clove, crushed
½ tsp dried oregano leaves
2 tsp Dijon mustard

Combine all ingredients in a mason jar. Season with salt and pepper to taste and seal tightly. Shake until all ingredients are combined and refrigerate until cold.

Basil Vinaigrette

Serves 10

1 cup extra virgin olive oil
½ cup cider vinegar
3 TBSP chopped basil
2 cloves garlic, minced

In a mason jar, whisk together olive oil, vinegar, basil and garlic. Refrigerate until cold.

Blue Cheese Dressing

(RR, SS, CC)

Serves 6 – makes ¾ cup

3 oz. light sour cream
2 TBSP light mayonnaise (may substitute with plain Greek yogurt)
1 cup cherry tomatoes
1 cup broccoli florets
¼ cup low-fat buttermilk milk
½ tsp brown sugar
1/8 garlic powder
1 TBSP extra virgin olive oil
1 TBSP sherry vinegar
½ cup crumbled blue cheese

Mash half of the blue cheese and buttermilk in a small bowl until mixture only has small pieces. Stir in the rest of the ingredients and season to taste with salt and pepper. Store in refrigerator.

Citrus Vinaigrette

Serves 4

1 TBSP white vinegar
½ oz. grapefruit juice
½ oz. orange juice
½ oz. lime juice
6 TBSP extra virgin olive oil
1 oz. whole almonds
Salt and pepper to taste.

In a large jar with a lid, combine vinegar and juices. Whisk in oil. Once mixed add the almonds and stir. Season with salt and pepper.

Detox Salad Dressing

Serves 1

1/8 tsp paprika
½ cup water
1/6 TBSP black pepper
1/8 tsp onion powder
1/8 tsp garlic powder
1/8 tsp oregano
1/8 tsp basil
½ tsp white wine vinegar
1 oz. Dijon mustard

Combine all ingredients into a jar and mix.

French Dressing

Serves 10

½ tsp dry mustard
¼ tsp white pepper
1 TBSP no-added-salt tomato paste
7 TBSP olive oil
2 tsp water
¼ TBSP white onions

In a large mason jar, combine all ingredients, seal tightly and shake.

Hummus

Serves 8

1 1/3 cup chick peas
4 TBSP tahini
2 garlic cloves
3 TBSP lemon juice
2 TBSP olive oil
Salt and pepper

Place all ingredients in blender except salt and pepper. Process until combine and smooth. The hummus will keep in an airtight container for up to 2 weeks.

Lemon Garlic Salad Dressing

Serves 8

1 TBSP salt
½ cup fresh lemon juice
½ cup olive oil
1 tsp black pepper
2 garlic cloves

Mix the lemon juice and oil together. Crush garlic with the salt and mix it into the lemon and oil mixture. Add pepper to taste.

Parsley Dressing

Serves 1

3 TBSP olive oil
½ TBSP lemon juice
¼ tsp onion powder
2 tsp parsley, chopped

In a bowl, combine oil, lemon juice, and onion powder. Add chopped parsley, mix thoroughly with a whisk and serve.

Orange Anise Vinaigrette

Serves 4

1/8 tsp anise seed
2 TBSP orange juice
1 TBSP olive oil
1/8 tsp cumin
1/8 TBSP salt

Use a mortar and pestle and crush the anise seeds. Whisk together all the ingredients for about 1 minute.

Strawberry Dressing

1 packet Splenda
2 TBSP sesame seeds
1 TBSP pine nuts
1 TBSP Worcestershire sauce
½ tsp paprika
1 ½ TBSP olive oil
1 TBSP balsamic vinegar
3 crushed (pureed) strawberries

Mix all ingredients together.

Strawberry Vinaigrette

Serves 8

¼ tsp tarragon
½ TBSP salt
¼ tsp pepper
2 TBSP pepper
2 TBSP balsamic vinegar
½ pint strawberries
1 cup olive oil
¼ tsp stevia

In a food processor, mix all together until smooth.

