

SALAD DRESSINGS – 10 Choices

1- Balsamic Vinaigrette

- 45 ml balsamic vinegar
- 15 ml Dijon mustard
- 1 clove minced garlic
- 118 ml extra-virgin olive oil
- Salt and pepper

1. Combine balsamic vinegar with Dijon mustard and garlic
2. Slowly add olive oil while continuing to stir mixture
3. Season with a bit of salt and pepper prior to serving



2 - Sesame Ginger

- 15 ml extra-virgin olive oil
- 15 ml sesame
- 15 ml soy sauce
- 15 ml maple syrup
- 15 ml rice vinegar
- 1 clove minced garlic
- 1 tsp minced ginger

1. Whisk together olive oil, sesame oil, soy sauce, maple syrup, and rice vinegar
2. Add garlic and ginger and stir together until combined



3 - Avocado Lime

- 1 avocado, cut into small chunks
- 113 g plain Greek yogurt
- 5 g cilantro
- 60 ml lime juice
- 60 ml olive oil
- 2 cloves minced garlic
- salt and pepper

1. Add the avocado chunks to a food processor along with the Greek yogurt, cilantro, lime juice, olive oil and minced garlic.
2. Top with a bit of salt and pepper and then pulse until the mixture reaches a smooth, thick consistency.



4 - Ranch

- 285 g Greek yogurt
- 60 ml milk
- 1 T fresh parsley, chopped (or ½ T dried)
- 1 tsp ground pepper
- ½ tsp sea salt
- ½ tsp dried dill
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ⅛ tsp dried thyme

1. Whisk the yogurt and milk together until well combined
2. Whisk in the parsley, followed by the remaining seasonings
3. Store in the fridge in a glass jar for an hour to set before serving
4. Shake the jar well before using
5. Will last for at least a week in the fridge (will depend on the best before date on the yogurt)



5 - Honey Mustard

- 83 g Dijon mustard
- 59 ml apple cider vinegar
- 102 g honey
- 78 ml olive oil
- Salt and pepper

1. Whisk the Dijon mustard, apple cider vinegar, and honey together.
2. Slowly add the olive oil while continuing to stir.
3. Add salt and pepper to taste.



6 - Greek Yogurt Ranch

- 285 g plain Greek yogurt
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp dried dill
- Dash of cayenne pepper
- Dash of salt
- Fresh chives, chopped

1. Stir together the Greek yogurt, garlic and onion powders, and dried dill
2. Add a dash of cayenne pepper and salt.
3. Garnish with fresh chives before serving



7 - Carrot and Ginger

- 2 large carrots, peeled and chopped
- 1 T grated ginger
- 5 scallions, white parts only, chopped
- 177 ml canola oil
- 118 ml seasoned rice vinegar
- 2 T soy sauce
- Pinch of sugar
- Salt



1. In the bowl of a food processor, process the carrots, ginger and scallions until coarsely shredded.
2. Add the oil, rice vinegar, soy sauce, sugar and salt.
3. Process until the ingredients are fully incorporated and relatively smooth. Transfer the dressing to a lidded container and store in the refrigerator for up to a week.

8 - Garlic Miso

- 118 ml canola oil
- 60 ml water
- 4 garlic cloves, peeled and pressed
- 3-4 T white miso
- 3-4 T fresh lemon juice
- Fresh cracked ground pepper

1. Place all ingredients in a blender and blend until creamy smooth.
2. For a thinner dressing, add one T of water at a time, and blend again.
3. Repeat until desired consistency has been reached. Serve immediately and/or store in an air tight jar in the refrigerator.



9 - Balsamic Almond and Turmeric

- 1 T balsamic vinegar
- 1 T apple cider vinegar
- 1 T extra virgin olive oil
- 1.5 T honey
- 1.5 T almond butter (or other nut butter)
- 3 T Greek yogurt, plain
- 3 T water
- ¼ tsp garlic
- ¼ tsp smoked paprika
- ½ tsp turmeric



1. Add all ingredients to bowl and whisk until smooth, creamy texture, or
2. add all ingredients to food processor and blend until smooth.
3. Store in refrigerator up to one week.

10 – Asian Peanut Coconut

- 1 150 g Greek coconut yogurt (plain Greek yogurt)
- ⅓ C creamy peanut butter
- 1-2 T Asian sweet chili sauce
- 2 tsp red curry paste
- 1 T lime juice
- 1 T sugar
- 2 T soy sauce
- 3 T rice vinegar
- ¼ C loosely packed cilantro
- 1 garlic clove, roughly chopped
- 3-4 T milk
- ⅛ tsp ground ginger (optional)



1. Add all the ingredients to a blender and chop, then puree until smooth, adding additional milk as need to reach desired consistency. Chill before serving.
2. Store leftover dressing in an airtight container in the refrigerator for up to 7 days.