

## **DRESSING RECIPES**

**These first 7 recipes contain:** No Dairy, No Oil, No Sugar salad dressing recipes. I would substitute stevia for any other sweetener.

### **Roasted Red Pepper Vinaigrette**

Makes enough dressing for 1 large salad

1 large roasted red pepper

1 clove garlic

2 tbsp balsamic vinegar

1/8 tsp salt

1/4 tsp pepper

1/2 tsp fresh thyme leaves

Place all ingredients in a blender or food processor. Serve and enjoy.

### **Tomato-Basil Dressing**

2 roma tomatoes, cored

1 red bell pepper, cored

1/3 c. red wine vinegar

1/3 c. sundried tomatoes, coarsely chopped

6-8 basil leaves

Juice of 1 lemon

Dash of sea salt

~1 c. water

Blend 1st seven ingredients and half of the water until smooth. Add more water until you attain the desired consistency. Refrigerate unused portions. Makes about 3 cups.

### **Basic Dressing**

1/3 cup balsamic vinegar

1 Tablespoon grainy mustard (get mustard with no sugar)

1 packet Stevia or other sweetener

sea salt

pepper

Shake well or whisk up.

For a change I will sometimes combine balsamic and red wine, this makes it lighter. I also make it with white wine vinegar. It's delicious on salads or vegetables, almost anything!

## Mandy's Spicy Vinaigrette

"Here is one I got from my favorite beach on the Florida panhandle "George's at Aly's Beach". They did not give me the measurements, just the ingredients. So these are all to taste, but the way I like it! You can add more kick if you want!"

Prep time -- No time! Maybe 1 minute :)

1/4 cup Balsamic Vinegar

1/2 Tbsp Honey

1/2 - 3/4 tsp "Chili Garlic Sauce" by Huy Fong Vietnamese Foods

Whisk together ingredients. Adjust more chili garlic sauce to taste.

## Italian Dressing

1/2 cup freshly squeezed lemon juice

1/2 cup salad vinegar (I use rice vinegar)

1/4 cup frozen apple juice concentrate

1/4 cup water

2 green onions, chopped

1/4 tsp. dried sage

1/4 tsp. garlic powder

Combine all ingredients.

## Appetite for Reduction's Green Goddess Garlic Dressing

"I would have been happy taking a bath in it. Delicious."

2-3 average sized cloves of garlic

1/2 C fresh chives

1/2 cup fresh parsley

3 T tahini

2 T nutritional yeast

1 T miso

1/3 C water

2 T fresh lemon juice

1/2 t salt

Pulse the garlic, the chives, and the parsley in a food processor to chop everything up. Add the remaining ingredients and blend until very smooth. Use a rubber spatula to scrape down the sides a few times. Now adjust to your liking. More salt, more garlic, you can thin the dressing with a 1 or 2 T of water. Note, it will thicken a bit as it's refrigerated, so if it appears thin, don't worry.

## “Magical” No-Oil Vinaigrette *gluten-free, oil-free*

This dressing uses applesauce to emulsify the ingredients and produce a surprisingly thick vinaigrette that is virtually fat-free! Try it as is first, and then play with some of the seasonings to your own preferences.

### **Ingredients:**

1/4 cup unsweetened applesauce  
2 tbsp apple cider vinegar  
1 tbsp balsamic vinegar  
1 tsp mild miso (ex: brown rice miso)  
3/4 – 1 tsp dijon mustard  
1/4 tsp cumin  
1/8 tsp cinnamon  
1 1/2 tbsp pure maple syrup (or more to sweeten to taste if desired)  
1/4 tsp (rounded) sea salt (or more to taste)  
freshly ground black pepper to taste

### **Instructions:**

Using an immersion blender and deep cup (if using a blender, you may need to double the batch for enough blending volume), combine all ingredients, whizzing through until very smooth. Taste, and if you'd like a little sweeter add another teaspoon or so of maple syrup. Season to taste with additional salt and pepper as well. If you'd like a thinner dressing, simply add a couple of teaspoons of water and blend through again.

## **These Dressings contain Oil:**

### **Basil Salad Dressing**

- 2 ounces fresh picked basil
  - 3/4 cup **olive oil**
  - 1/2 teaspoon **Celtic sea salt**
  - 1/2 teaspoon pepper
  - 1 teaspoon lemon juice
1. Combine all ingredients in a **vitamix**
  2. Blend on high speed until smooth
  3. Serve over greens or **Kelp Noodles**

## Creamy Onion Salad Dressing

- 2 tablespoons red onion
- ¼ cup apple cider vinegar
- 1 tablespoon agave nectar
- 1 teaspoon mustard powder
- ½ teaspoon Celtic sea salt
- ½ cup olive oil

1. Place onion, vinegar, agave, mustard and salt in a vita mix and puree on high speed for 20 seconds, until smooth
2. Turn on **vitamix** and drizzle in olive oil
3. Serve over your favorite greens . cooked or raw

## French Vinaigrette Dressing

- ½ tsp salt
- ¼ tsp pepper
- ¼ cup wine vinegar
- ½ tsp Dijon mustard
- ¾ cup extra-virgin olive oil

Put all ingredients in a container with tight lid and shake well.  
Shake again before using.

## **Italian Vinaigrette Dressing**

1/3 cup wine vinegar

2 cloves of garlic, crushed or 1/2 tsp garlic powder

1/2 tsp oregano

1/4 tsp basil

1 to 2 drops Tabasco

2/3 cup extra virgin olive oil

Put all ingredients in a container with tight lid and shake well.

Shake again before using.

\*\*For a creamy version, add 2 Tbls of mayonnaise.

# Paleo Mayo

***Secret for better tasting mayo, do not use extra virgin olive oil but instead use a light tasting olive oil, or a mild tasting oil such as walnut oil. Also, try using a hand held mixer instead of a blender if you blender gets hot quickly which can mess up the emulsification process.***

2 eggs

2 cups light tasting olive oil or walnut oil

2 tablespoons apple cider vinegar

1 teaspoon yellow mustard

1 teaspoon sea salt

1/3 teaspoon cayenne pepper

In a blender, add the eggs, vinegar, and mustard and blend together well . leave the blender running and slowly slowly slowly drop by drop or very slow drizzle add the oil. BE PATIENT!! Do not dump all the oil in quickly and give up!! When the mixture begins to emulsify or thicken, only then can you be a bit faster about pouring in the olive oil but still take your time. Turn the blender off once all the olive oil is in and the mayonnaise is thickened to your desired consistency. Add the salt and cayenne pepper and mix well or blend again for another few seconds.

## **These Salad Dressings contain Eggs and Dairy:**

### **Ranch Dressing 1**

- 1 cup mayonnaise
- 1 cup buttermilk
- 2 Tbls finely chopped green onions
- ¼ tsp onion powder
- 2Tbls minced fresh parsley
- 1 clove garlic, crushed
- ¼ tsp paprika
- 1/8 tsp cayenne powder or a few drops of Tabasco
- ¼ tsp salt
- ¼ tsp pepper

Combine all ingredients well, and store in the refrigerator, in a container with a tight-fitting lid.

### **Ranch Dressing-2**

- 1 large avocado
  - 2 teaspoons fresh lemon juice
  - 1/2 cup Greek yogurt
  - 1 teaspoon hot sauce
  - 1/4 cup extra virgin olive oil
  - 2 garlic cloves
  - 3/4 teaspoon salt
- Blend in blender. Enjoy

## Ranch Salad Dressing

In a small blender combine the following:

- ½ C small curd cottage cheese
- ¼ C plain Greek yogurt
- 1 T Bragg's apple cider vinegar
- 2 T water
- 1 T minced onion
- 1 tsp. freshly squeezed lemon juice
- ½ tsp sea salt
- 1/8 tsp. Spike
- 1/8 tsp. celery salt
- 1/8 tsp. garlic, minced
- ½ tsp . xanthan gum last and blend quickly to thicken

Refrigerate to blend flavors

Yield: 1 Cup