

Dressings

For more tasty ideas for homemade dressings, see **Salads/Veggie Salads**. Also see **Dips/Sauces** for tasty complements to fresh vegetables.

Balsamic/Red Wine Vinaigrette (serves 3 at 1½ Tbsp. [22 ml] each)



servings: 2 oil

90 calories, 1 g carbohydrates, 0 g protein, 9 g fat per serving

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| > 1 Tbsp. (15 ml) balsamic or red wine vinegar | > ¾ tsp. (0.37 g) dried oregano |
| > 1 Tbsp. (15 ml) fresh lemon juice | > ½ tsp. (0.25 g) dried basil OR 2 tsp. (2.46 g) fresh |
| > 2 Tbsp. (30 ml) olive oil | > Sea salt and freshly ground black pepper to taste |

In a small bowl, whisk together all the vinaigrette ingredients, except for the olive oil. Then add olive oil slowly while whisking until olive oil is well incorporated.

Basic Salad & Veggie Dressing (serves 12 at 1 Tbsp. [15 ml] each)



servings: 2 oil

87 calories, 1 g carbohydrates, 0 g protein, 9 g fat per serving

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| > ¼ cup (60 ml) each: flaxseed oil and olive oil | > 1 tsp. (3 g) dry mustard (optional, but delicious), whisked into liquid for easy mixing |
| > 2-4 Tbsp. (30-60 ml) vinegar (apple cider, tarragon, rice, balsamic) | > Whole or minced garlic, oregano, basil, or other herbs of choice |
| > 2 Tbsp. (30 ml) water | |

Mix well in a shaker jar. Dressing may solidify in the refrigerator. Remove from refrigerator 5-10 minutes before needed to give it time to soften. Store any leftovers in your refrigerator.

TIP:

- Keep a jar in the refrigerator at work and one at home for convenience.

Creamy Lowfat Ranch Dressing (serving size=2 Tbsp. [30 ml])



servings: free at recommended serving size

20 calories, 2 g carbohydrates, 2 g protein, <1 g fat per serving

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| > ¾ cup (170 g) plain yogurt, lowfat or nonfat | > 1 tsp. (0.5 g) vegetable seasoning mix (adjust to taste) |
| > ¼ cup (60 ml) buttermilk | > Pinch each of oregano and cayenne |
| > 1 Tbsp. (15 ml) onion, grated | > 1 Tbsp. (15 ml) lemon juice |

Combine all ingredients in a bowl and stir with a fork, or mix and shake in a covered jar. (Yogurt and buttermilk-based sauces will thin out if mixed in blender or food processor.) Refrigerate any leftovers. Makes about 1 cup.

TIP:

- For a Russian dressing variation, combine 1-2 Tbsp. (15-30 ml) with 1-2 Tbsp. (15-30 ml) salsa (no sugar added).
- For a creamy vinaigrette, mix with equal amounts of **Olive Oil Vinaigrette Dressing** (p. 42) for a delicious change.

Mustard Vinaigrette Dressing *(serves 15 at 1½ Tbsp. [22 ml] each)*



servings: 2 oil

90 calories, 1 g carbohydrates, <1 g protein, 9 g fat per serving

- > ¼ cup (60 ml) balsamic vinegar or lemon juice
- > ¼ cup (60 ml) water
- > 1 tsp. (5 ml) Dijon mustard
- > Herbs (oregano, basil, parsley, tarragon, or any herb of choice) to taste
- > ⅓ cup (80 ml) olive oil
- > ⅓ cup (80 ml) flaxseed oil
- > 1 clove garlic, minced
- > Sea salt to taste
- > Freshly ground black pepper to taste

Measure all ingredients (except oils) into a jar with a tight-fitting lid. Shake vigorously or use a whisk. When well-combined, add oils and shake again. Store in refrigerator. Mixture will harden while refrigerated. Remove and allow to soften 5-10 minutes before using.

Olive Oil Vinaigrette Dressing *(serves 15 at 1½ Tbsp. [22 ml] each)*



servings: 2 oil

94 calories, 0.7 g carbohydrates, 0 g protein, 10 g fat per serving

- > ⅔ cup (160 ml) olive oil
- > Herbs of choice
- > Freshly ground black pepper to taste
- > ¼ cup (60 ml) balsamic vinegar (or to taste)
- > 1 clove garlic, minced
- > ¼ cup (60 ml) water

Measure all ingredients (except oils) into a jar with a tight-fitting lid. Shake vigorously or use a whisk. When well-combined, add oils and shake again. Store in refrigerator. Mixture will harden while refrigerated. Remove and allow to soften 5-10 minutes before using.

TIP:

- You can also substitute flaxseed oil for olive oil. Must be refrigerated.

Sesame Dressing *(serves 3 at 1½ Tbsp. [22 ml] each)*



servings: 2 oil

106 calories, 1 g carbohydrates, 0.1 g protein, 12 g fat per serving

- > 2 Tbsp. (30 ml) lemon juice
- > 1 garlic clove, finely minced
- > 1½ Tbsp. (22 ml) sesame oil
- > 1 Tbsp. (15 ml) olive oil
- > Sea salt to taste
- > Freshly ground black pepper to taste

In a small bowl, whisk the lemon juice, garlic, salt, pepper, sesame oil, and olive oil. Pour dressing over salad and toss gently. Additional salt/sesame oil can be added if desired for taste.

Tahini Dressing *(serving size=2 Tbsp. [30 ml])*



servings: 2 oil

92 calories, 2 g carbohydrates, 3 g protein, 8 g fat per serving

- > 1 Tbsp. (15 ml) sesame tahini
- > Lemon juice to taste
- > Water to taste

In a small bowl, whisk tahini and lemon juice. Add water to the desired consistency for salad dressing.