

SALAD DRESSING

CHEAT SHEET

RECIPES YIELD 3/4 C TO 1.5 C OF DRESSING



GREEK DRESSING



- 1/2 C EXTRA VIRGIN OLIVE OIL
- 1/4 C RED WINE VINEGAR
- 1 TSP DIJON MUSTARD
- 2 TSP RAW HONEY
- 4 GARLIC CLOVES CHOPPED
- 1/2 TSP DRIED OREGANO
- S & P TO TASTE

HONEY GINGER DRESSING



- 2 TBSP SESAME OIL
- 1/4 C EXTRA VIRGIN OLIVE OIL
- 1/4 CUP SEASONED RICE VINEGAR
- 1 CLOVED GARLIC CHOPPED
- 1 TBSP FRESHLY GRATED GINGER
- 1 TBSP LIME JUICE
- 2 TBSP HONEY
- 2 TSP TOASTED SESAME SEEDS
- 1-2 TBSP COLD WATER

CAESAR DRESSING



- 1/2 C MAYONNAISE
- 1 TSP DIJON MUSTARD
- 1/2 TSP WORCESTERSHIRE SAUCE*
- 1/3 C FRESHLY GRATED PARMIGIANO-REGGIANO
- 2 OIL-PACKED ANCHOVY FILLETS
- 2 TSP LEMON JUICE
- 1 TBSP OIL OR WATER
- S & P TO TASTE

*Use a gluten-free option

***Blend in food processor

RANCH DRESSING



- 1/4 C MAYONNAISE
- 1/4 - 1/2 C BUTTERMILK
- 1/2 C SOUR CREAM
- 1 GARLIC CLOVES, CHOPPED
- 1-2 TSP LEMON JUICE
- 1 TBSP EACH: FRESH PARSLEY, DILL, & CHIVES, FINELY CHOPPED
- S & P TO TASTE

HERBED HONEY MUSTARD DRESSING



- 1/4 C DIJON MUSTARD
- 3 TBSP HONEY
- 1/4 C APPLE CIDER VINEGAR
- 1/4 C EXTRA VIRGIN OLIVE OIL
- 1/4 C FRESH PARSLEY OR BASIL
- 1 TBSP LEMON JUICE
- S & P TO TASTE

BLUE CHEESE DRESSING



- 1/2 C MAYONNAISE
- 1/2 C SOUR CREAM
- 115 G CRUMBLLED BLUE CHEESE
- 1/2 TSP EACH: GARLIC & ONION POWDER
- 2-3 TSP LEMON JUICE
- 2 TBSP BUTTERMILK
- S & P TO TASTE

GREEN GODDESS DRESSING



- 1 CUP GREEK YOGURT
- 1 TBSP EXTRA VIRGIN OLIVE OIL
- 2 TBSP LEMON JUICE
- 1 GARLIC CLOVE CHOPPED
- 1/4 C SCALLIONS
- 1 C MIXED FRESH DILL, PARSLEY, & BASIL
- S & P TO TASTE

***Blend in food processor

MAPLE TAHINI DRESSING



- 1/4 C TAHINI
- 2 TBSP DIJON MUSTARD
- 2 TBSP PURE MAPLE SYRUP
- 1 TBSP APPLE CIDER VINEGAR
- 1/2-1 TSP CHILLI FLAKES
- 2 TBSP-1/4 C COLD WATER
- S & P TO TASTE

