

Dozens of Dressing Recipes

Give your salads a Keep it REAL makeover with dressings that are better for both your health and budget! The base oil is a non-inflammatory oil—**either cold pressed olive oil or avocado oil**. Double or triple the recipes to have plenty of extra on hand to last through the week.

Classic Vinaigrette: Whisk 2 tablespoons apple cider vinegar or red wine vinegar, 2 teaspoons dijon mustard, 1/2 teaspoon sea salt, and pepper to taste. Gradually whisk in 1/3 to 1/2 cup olive or avocado oil.

Shallot–White Wine: Whisk 2 tablespoons white wine vinegar, 2 teaspoons dijon mustard, 1/2 teaspoon sea salt, and pepper to taste. Gradually whisk in 1/3 to 1/2 cup olive oil or avocado oil, add 1 minced shallot.

Roasted Garlic: Slice the top off 1 head garlic; drizzle with olive oil, wrap in aluminum foil and roast at 400 degrees F until tender, 35 minutes. Cool, then squeeze out the cloves. Make Classic Vinaigrette in a blender, adding the roasted garlic and 3 tablespoons grated Parmesan.

Bistro Bacon: Whisk 2 tablespoons apple cider vinegar or red wine vinegar, 2 teaspoons dijon mustard, 1/2 teaspoon sea salt, 1/3 cup crumbled blue cheese, 3 slices crumbled cooked bacon and 2 tablespoons chopped chives. Gradually whisk in 1/3 to 1/2 cup olive or avocado oil.

Mediterranean: Whisk 2 tablespoons apple cider vinegar or red wine vinegar, 2 teaspoons dijon mustard, mash in 1/2 cup crumbled feta, then whisk in 1 tablespoon chopped parsley, 1 teaspoon dried oregano and 1 diced plum tomato, add 1/2 teaspoon sea salt, and pepper to taste. Gradually whisk in 1/3 to 1/2 cup olive or avocado oil.

Dijon: Whisk 3 tablespoons each dijon mustard and champagne vinegar, 1/2 teaspoon sea salt, and pepper to taste. Gradually whisk in 1/2 cup olive or avocado oil.

Spicy Honey-Mustard: Whisk 2 teaspoons each honey and dijon mustard, 2 tablespoons lime juice, and 1/2 teaspoon each lime zest and sea salt. Gradually whisk in 1/2 cup each olive or avocado oil, then add 2 teaspoons chopped thyme and 1/2 minced jalapeno.

Italian: 2 tablespoons minced red onion in cold water for 15 minutes; drain. Pile 1/2 garlic clove, 2 tablespoons fresh parsley, 1 teaspoon dried oregano and 1/2 teaspoon sea salt on board; chop and mash into a paste. Whisk with 2 tablespoons apple cider vinegar or red wine vinegar and the onion. Gradually whisk in 1/2 cup olive or avocado oil.

Creamy Italian: Blend 1/4 cup whole fat plain yogurt, 3 tablespoons apple cider vinegar or red wine vinegar, 2 tablespoons each sour cream and olive oil, 1 teaspoon Italian seasoning, 1 garlic clove and 1/4 teaspoon sea salt in a blender. Stir in 1 tablespoon chopped parsley.

Lemon Balsamic: Whisk 2 tablespoons balsamic vinegar, 1 tablespoon lemon juice, 2 teaspoons dijon mustard, 1/2 teaspoon sea salt, and pepper to taste. Gradually whisk in 1/2 cup olive or avocado oil.

Creamy Balsamic: Make Lemon Balsamic dressing, adding 2 tablespoons whole fat plain yogurt, and 1/2 teaspoon minced garlic.

Basil-Walnut: Blend 3/4 cup olive oil, 3 tablespoons each toasted walnuts and lemon juice, 1 cup fresh basil, 1 garlic clove and 1 teaspoon sea salt in a blender.

Hazelnut-Herb: Blend 2 tablespoons each dijon mustard and apple cider vinegar, 1 teaspoon sea salt, and 1/3 cup each avocado oil and hazelnut oil in a blender. Add 1/4 cup each chopped chives and dill and pulse to combine.

Lemon: Whisk ½ cup lemon juice, 1 tablespoon dijon mustard, 1 teaspoon lemon zest, and sea salt to taste. Gradually whisk in 1/4 cup each olive oil and avocado oil.

Lemon-Dill: Whisk ½ cup lemon juice, 1 tablespoon dijon mustard, 1 teaspoon lemon zest, 2 tablespoons chopped dill and sea salt to taste. Gradually whisk in 1/4 cup each olive oil and avocado oil.

Roasted Red Pepper: In a blender, combine ½ cup lemon juice, 1 tablespoon dijon mustard, 1 teaspoon lemon zest, 1 cup jarred roasted red peppers, 1 teaspoon minced rosemary and sea salt to taste. Gradually whisk in 1/4 cup each olive oil and avocado oil.

Olive: In a blender add: 2 tablespoons lemon juice, 1 tablespoon dijon mustard, 1 teaspoon lemon zest, 1/2 teaspoon

sugar, ½ cup olive oil, ¼ cup pitted kalamata olives, 1 ½ teaspoons fresh thyme. and sea salt to taste.

Maple-Walnut: Whisk 1/4 cup each mayonnaise and maple syrup, 2 tablespoons apple cider vinegar, 1/2 teaspoon sea salt, and pepper to taste. Add 2 tablespoons chopped toasted walnuts.

Cuban Mojo: Cook 5 chopped garlic cloves in 1/3 cup olive oil over medium-high heat, 30 seconds; cool. Blend with 1/4 cup orange juice, 2 tablespoons lime juice, and 1/2 teaspoon each ground cumin and sea salt in a blender. Add 2 tablespoons chopped parsley; pulse to combine.

Ranch: Whisk 1/2 cup buttermilk, 1/4 cup whole fat plain yogurt, 2 tablespoons each chopped parsley and chives, 1 tablespoon apple cider vinegar, 1/4 teaspoon sea salt, a pinch of garlic powder and a dash of hot sauce.

Bacon Ranch: Whisk 1/2 cup buttermilk, 1/4 cup whole fat plain yogurt, 2 tablespoons each chopped parsley and chives, 1 tablespoon apple cider vinegar, 1/4 teaspoon sea salt, a pinch of garlic powder and a dash of hot sauce, and add 4 slices crumbled cooked bacon.

Smoky Ranch: Whisk 1/2 cup buttermilk, 1/4 cup whole fat plain yogurt, the juice of 1/2 lime, 2 tablespoons each chopped chipotles in adobo sauce and chopped cilantro, 1/2 teaspoon each honey and sea salt, and a pinch of garlic powder.

French: Blend 1/4 cup each olive oil and water, 3 tablespoons apple cider vinegar or red wine vinegar, 2 tablespoons each tomato paste, ketchup and brown sugar, and 1/2 teaspoon each paprika and sea salt in a blender.

Creamy Blue Cheese: Whisk 1/4 cup each buttermilk and sour cream, 1/2 cup crumbled blue cheese, the juice of 1/2 lemon, and sea salt and hot sauce to taste.

Buttermilk–Goat Cheese: Pulse 1/2 cup buttermilk, 3 ounces softened goat cheese, 2 tablespoons white wine vinegar, and 1 tablespoon each olive oil and horseradish in a blender until smooth. Stir in 1 tablespoon each chopped dill and chives.

Caesar: Blend 1/2 cup whole fat plain yogurt, 2 tablespoons grated Parmesan, 1 tablespoon each olive oil and water, the juice of 1 lemon, 1 garlic clove and 4 anchovies in a blender.

Creamy Caper-Herb: Whisk 2 tablespoons each whole fat plain yogurt, dijon mustard and apple cider vinegar or red wine vinegar, 1 minced shallot, 2 tablespoons chopped capers, 1 tablespoon each minced chives, parsley and tarragon, and 1/2 teaspoon sea salt. Gradually whisk in 1/2 cup olive oil.

Orange-Walnut: Whisk 2 tablespoons orange juice, 1 tablespoon sherry vinegar, 1/2 teaspoon sea salt, and pepper to taste. Gradually whisk in 3 tablespoons each walnut oil and olive oil.

Green Goddess: Blend 1/2 cup each whole fat plain yogurt, sour cream and fresh parsley, the juice of 1/2 lemon, 2 chopped scallions, 3 tablespoons chopped tarragon and 3 anchovies in a blender until smooth. Season with sea salt and pepper.

Red Raspberry: Blend 2 tablespoons raspberry vinegar, 1 chopped shallot, 1 teaspoon each honey and dijon mustard, and 1/2 teaspoon sea salt in a blender. Gradually blend in 1/3 cup olive oil; add 1/2 cup raspberries and pulse to combine.

Watermelon-Mint: Purée 2 cups cubed seeded watermelon, 3 tablespoons sherry vinegar, 1/3 cup each olive oil and avocado oil, 1/2 teaspoon sea salt, and pepper to taste in a blender. Add 1/2 cup torn mint; pulse to combine.

Cucumber-Herb: Purée half a chopped seedless cucumber, 3 tablespoons sherry vinegar, 1/3 cup each olive oil and avocado oil, 1/2 teaspoon sea salt, and pepper to taste in a blender. Add 3 tablespoons chopped dill; pulse to combine.

Poppy Seed: Cook 1/2 tablespoon poppy seeds in a dry skillet, 1 minute; transfer to a bowl. Whisk in 3 tablespoons apple cider vinegar, 1 tablespoon honey, 1 teaspoon dijon mustard and 1/2 teaspoon sea salt. Gradually whisk in 1/3 cup olive oil.

Miso-Ginger: Blend 1 tablespoon each miso paste and grated peeled ginger, the juice of 2 limes, 1/2 garlic clove, 1 chopped scallion, 1 teaspoon Sriracha and 1/2 teaspoon sugar in a blender. Gradually blend in 1/2 cup avocado oil.

Avocado-Wasabi: Purée half an avocado, 1 1/2 teaspoons wasabi paste, 3 tablespoons each rice vinegar and water, and 1/2 teaspoon sea salt in a blender. Gradually blend in 1/4 cup avocado oil.

Spicy Thai: Whisk 1/4 cup lime juice, 1 tablespoon fish sauce, 1/2 teaspoon Sriracha and 1/4 teaspoon sea salt. Whisk in 1/4 cup avocado oil.