

APPROVED SALAD DRESSINGS

Italian Dressing

½ cup Extra-Virgin Olive Oil
2 Tbs. Fresh Squeezed Lemon Juice
1 Tbs. Balsamic Vinegar
1 tsp. Fresh Basil
1 tsp. Fresh Parsley
½ tsp. Sea Salt
½ tsp. Fresh Oregano

Use a blender to combine the oil, lemon juice, vinegars, basil, parsley, salt, and oregano. Blend for 1 minute or until the dressing emulsifies.

Rosemary-Basil Vinaigrette

1 Tbs. plus 1 tsp. Freshly Squeezed Lime Juice
1 Tbs. Balsamic Vinegar
1 Tbs. Honey
¼ cup tightly packed fresh Basil Leaves (about 24 medium leaves)
1 tsp. finely chopped fresh rosemary leaves
¾ tsp. sea salt
2/3 cup extra-virgin olive oil

Combine the lime juice, vinegar, honey, basil, rosemary, and salt in a blender and puree. With the motor running, slowly add the oil until emulsifies.

Creamy Raspberry Dressing

¼ cup pure water
¼ cup Dijon mustard
2 Tbs. Apple cider vinegar
6 Raspberries, fresh or frozen
½ cup olive oil

Combine the water, mustard, vinegar, and raspberries in a blender and puree. With the motor running, slowly add the oil until emulsified.

Strawberry Dressing

10-ounces fresh strawberries
1 ½ large oranges, squeezed with pulp discarded (about ½ cup)

Use a blender to combine the strawberries and orange juice. Blend for 30 seconds until homogenous.

Red Wine Vinegar Dressing

1 cup red wine vinegar
2 Tbs. honey
¼ cup dry mustard
1 ½ tsp. sea salt
4 cloves garlic, pressed
¼ tsp. pepper
¼ tsp. cayenne pepper
3 cups olive oil

Combine in blender and puree.

Basic Vinaigrette Dressing

½ cup olive oil
¼ cup red or white vinegar
½ tsp. Dijon mustard
1/8 tsp. black pepper

Hint: substitute balsamic vinegar for the red or white vinegar. Add garlic or your favorite herbs as a variation.

Avocado Dressing

1 Avocado
1 Tbs. Lemon Juice
1 Tbs. White Wine Vinegar
1 Tomato
1 tsp. Dijon Mustard
Salt and Pepper to Taste

Blend avocado pulp and remaining ingredients in a blender till smooth and creamy.

Heirloom Tomato Salad Dressing

3 cups chopped yellow/orange heirloom tomatoes
1 generous sprig fresh basil leaves
1 tsp. Real salt
1/8 tsp. cayenne
2 cloves garlic
1/4 cup + 1 Tbs. apple cider vinegar
1/2 cup extra virgin olive oil

Put all ingredients into the blender, and blend a full minute until mixture is creamy. Pour into a narrow neck bottle and shake well before serving. Refrigerate leftovers. Keeps about 5 days. Makes 3 1/2 cups.