



# Trio Salad Dressings

## Classic Vinaigrette

*Yields 6 tablespoons (1 serving = 1 ½ tbsp)*

### **Ingredients**

- 1 ½ tablespoons red wine vinegar
- 1 tablespoon chopped shallots
- ¼ teaspoon salt
- 1 tablespoon Dijon mustard
- 1/8 teaspoon pepper
- 3 tablespoons extra virgin olive oil

### **Preparation:**

1. Whisk all ingredients until incorporated.

### **Nutritional Information (per serving)**

Calories: 94	Total Fat: 10.1g
Sat. Fat: 1.4g	Carbs: 0.7g
Fiber: 0g	Protein: 0.1g

Source: [www.cookinglight.com](http://www.cookinglight.com)

## Greek Yogurt Caesar Salad Dressing

*Yields 6 servings (1 serving = 1 tbsp)*

### **Ingredients**

- ½ cup 2% plain Greek yogurt
- 2 tablespoon olive oil
- 2 tablespoon lemon
- 1 garlic clove, crushed
- Salt and pepper to taste
- Few dashes Worcestershire sauce
- ¼ cup grated parmesan cheese

### **Preparation:**

1. Add all ingredients, except Parmesan cheese, into food processor and pulse.
2. Stir in parmesan cheese.

### **Nutritional Information (per serving)**

Calories: 37	Total Fat: 3g
Sat. Fat: 1g	Carbs: 1g
Fiber: 0g	Protein: 2g

Source: [www.canadianliving.com](http://www.canadianliving.com)

## Orange Poppy Seed Dressing

*Yields 6 servings (1 serving = 1 tbsp)*

### **Ingredients**

- ½ cup fresh orange juice
- ¼ cup honey
- ¼ cup canola oil
- 2 tablespoon champagne vinegar
- 1/8 teaspoon salt
- 1 teaspoon poppy seed

### **Preparation:**

1. Combine first 5 ingredients in a blender.
2. Add poppy seeds, pulse once.

### **Nutritional Information (per serving)**

Calories: 17	Total Fat: 1.2g
Sat. Fat: 0.1g	Carbs: 1.7g
Fiber: 0g	Protein: 0g

Source: [www.canadianliving.com](http://www.canadianliving.com)

