

## Easy Homemade Salad Dressings

Store bought salad dressings can be high in sugars and unhealthy fats. If you look at the ingredient list, you will most likely find one of the following oils: corn, cottonseed, peanut, or sunflower which may be harmful to our bodies. Some dressings are also packed with food additives and artificial ingredients like monosodium glutamate (MSG), phosphoric acid (to acidify foods – also found in sodas), and corn syrup (sweetener). There is no need to ever buy salad dressings again when you can easily make it at home, with ingredients you are familiar with!

### Classic Vinaigrette

#### Ingredients:

- 1 1/2 tablespoons red wine vinegar
- 1 tablespoon chopped shallots
- 1/4 teaspoon salt
- 1 tablespoon Dijon mustard
- 1/8 teaspoon pepper
- 3 tablespoons extra-virgin olive oil

#### Directions:

1. Combine vinegar, shallots, salt, Dijon mustard, and pepper. Gradually add olive oil, stirring until incorporated.

(myrecipes.com)



Pasternak, H. (2014). Skip Store-bought salad dressings – and use these recipes instead. Retrieved from [www.greatideas.people.com/2014/09/17/salad-dressing-recipes-harley-pasternak/](http://www.greatideas.people.com/2014/09/17/salad-dressing-recipes-harley-pasternak/)

### Balsamic Vinaigrette

#### Ingredients:

- 2 tablespoons honey or maple syrup
- 1 tablespoon Dijon mustard
- 1/2 teaspoon salt
- 1/2 teaspoon ground pepper
- 1/4 cup balsamic vinegar
- 3/4 cup extra virgin olive oil
- 1 garlic clove, crushed (or minced if you like a stronger garlic flavor)

#### Directions

1. In mixing bowl measure honey, mustard, salt, pepper and crushed garlic. Stir with fork to combine (you can use a whisk if you're using minced garlic; the crushed garlic clove tends to get caught in the wires).
2. Add balsamic vinegar and stir. Gradually oil, whisking with fork to incorporate. Stir until fully emulsified.
3. Store in a jar with lid (a repurposed jam jar works nicely). Keeps indefinitely in refrigerator. If you leave the garlic clove at the bottom of the jar, it continues to release its subtle garlic flavor.

*Makes approximately one cup of vinaigrette. You can use this as salad dressing or a marinade on veggies or chicken or as a dressing on a pasta or quinoa salad!*

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## Sesame Tamari Vinaigrette

### Ingredients:

- 1/4 cup orange juice
- 1/4 rice vinegar
- 2 tablespoons reduced-sodium tamari, or reduced-sodium soy sauce
- 1 tablespoon toasted sesame oil
- 1 tablespoon of honey
- 1 teaspoon fresh ginger, finely grated

### Directions:

1. Whisk orange juice, vinegar, tamari, oil, honey, and ginger in a small bowl until the honey is incorporated. Transfer to a jar and refrigerate.

*The roasted-nut and citrus flavors of this easy dressing go well with Asian-style salads or meals; try drizzling it on grilled shrimp or chicken breast, too.*

(eatingwell.com)



## Italian Salad Dressing

### Ingredients:

- 1 cup neutral salad oil, such as canola
- 1/4 cup white wine vinegar
- 2 tablespoons red wine vinegar
- 1 large garlic clove, pressed
- 2 tablespoons finely chopped shallots
- 2 tablespoons finely chopped red bell pepper
- 2 teaspoons Dijon mustard
- 1 teaspoon honey
- 1 teaspoon kosher salt, plus more to taste
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried marjoram
- Pinch of red pepper flakes
- Freshly ground black pepper, to taste

### Directions:

1. Combine all of the ingredients in a jar with a tight fitting lid. Shake vigorously until the mixture is thickened and well-combined. Alternatively, combine the ingredients in a bowl and whisk until combined.

*Makes 1 1/2 cups (using 2-4 tablespoons per salad)*

(thekitchn.com)

## Creamy Caesar Dressing

### Ingredients:

- 1/3 cup plain fat-free yogurt
- 2 tablespoons fresh lemon juice
- 1 tablespoon olive oil
- 2 teaspoons red wine vinegar
- 2 teaspoons Worcestershire sauce
- 1 teaspoon anchovy paste
- 1 teaspoon Dijon mustard
- 1/2 teaspoon freshly ground pepper
- 1 garlic clove, minced

### Directions:

1. Combine all ingredients in a bowl; stir well with a whisk.

(myrecipes.com)