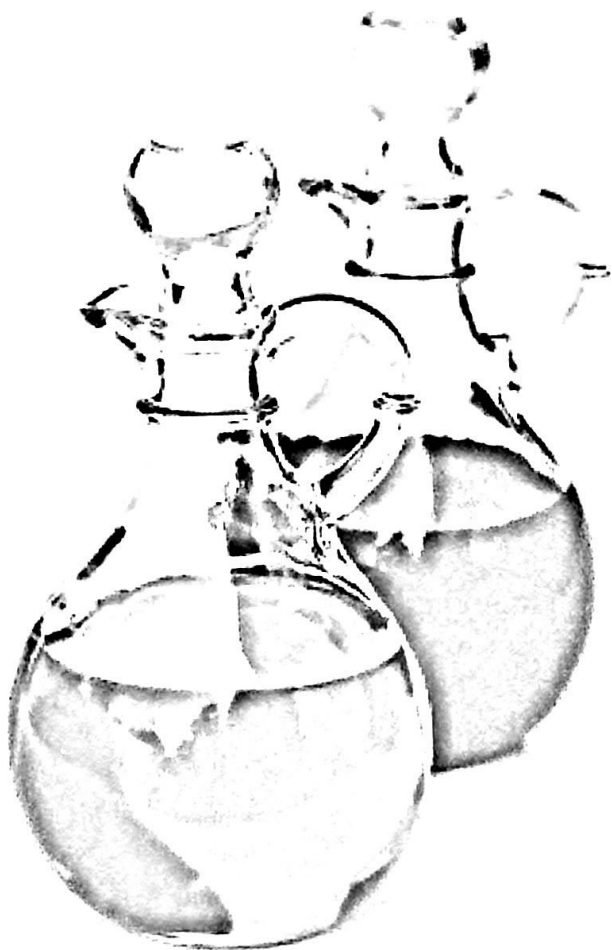


Salad Dressings



Garlic Dressing

- **1/3 cup** White Wine Vinegar
- **1/4 cup** Olive Oil
- **2 Tbsp** Water
- **3/4 tsp** Salt
- **1/2 tsp** Garlic Powder
- **1/2 tsp** Pepper

Combine all ingredients in a screw-top jar. Cover and shake well to mix. Makes about 2/3 cup.

Submitted By: Jackie G.

Rosemary Lemon Vinaigrette

- **3/4 cup** Olive Oil
- **1/4 cup** Balsamic Vinegar
- **1 Tbsp** Citrus Juice (lemon, lime, orange, etc.)
- **1 Tbsp** Raw Honey
- **1 Tbsp** Water
- **1 tsp** Dried Rosemary, Basil, or Parsley (any herb will do!)
- **1 tsp** Pure Sea Salt
- **1 tsp** Black Pepper
- **1 tsp** Minced Garlic

Place all ingredients into a shaker and marry them ferociously or beat the vinegar and other ingredients together (except the oil) until well blended. Then, whisk in small amounts of oil until fully blended.

Basic Tasty Vinaigrette Recipe

- 1 Tbsp Red Wine Vinegar (organic)
- 1 Tbsp Olive Oil
- 1 Tbsp Organic Dijon Mustard
- 1 tsp Raw Honey (optional)
- 1/2 tsp Coarse Sea Salt
- 1/2 tsp Freshly Ground Black Pepper

Mix all ingredients together in a bowl.

Club Sandwich Salad Dressing

- 4 Tbsp Isabel's Homemade Mayonnaise
- 2 Tbsp Dijon Mustard
- 1 Tbsp Cream
- 1 Tbsp Yogurt
- 1 tsp Lemon Juice (or cider vinegar)
- 1/2 tsp Raw Honey
- 1 clove Garlic (minced)
- 1 pinch each Cayenne and Paprika
- To taste Salt and Black Pepper

Blend all ingredients well.

Submitted By: Mary B. - Phoenix, Arizona

Sun-Dried Tomato Vinaigrette

- **3/4 cup** Sherry Vinegar
- **1/2 cup** Sun-Dried Tomatoes (chopped)
- **1/2 cup** Kalamata Olives (pitted and chopped)
- **1/4 cup** Niçoise Olives (pitted and chopped)
- **1/4 cup** Honey
- **3 Tbsp** Drained Chopped Capers
- **2 Tbsp** Minced Shallot
- **2 Tbsp** Chopped Parsley Leaves
- **1 1/2 Tbsp** Chopped Mint Leaves
- **1 Tbsp** Chopped Basil Leaves
- **1 Tbsp** Minced Garlic
- **1 Tbsp** Grated Orange Zest
- **To taste** Salt and Pepper

Put all the ingredients together in a large mixing bowl, adding a little salt and pepper. With a wire whisk, whisk them together briefly, then taste and, if necessary, adjust the seasonings with more salt and pepper. Cover and refrigerate until ready to use. Makes 5 cups.

Submitted By: Angela M. – Kennedy Saskatchewan Canada

Lemon Balsamic Vinaigrette

- **1/4 cup** Lemon Juice
- **2 Tbsp** Balsamic Vinegar
- **To taste** Stevia
- **1 tsp** Salt
- **1/2 tsp** Black Pepper
- **1/2 tsp** Cumin
- **1 Tbsp** Olive Oil

Combine all ingredients. Mix or shake well.

Submitted By: Noha E.

Lemon Vinaigrette

- **1/4 cup** Freshly Squeezed Lemon Juice
- **1 cup** Olive Oil
- **1/4 tsp** Garlic (finely minced)
- **1 pinch** Sugar
- **To taste** Salt and Pepper

Drizzle oil into lemon juice and whip with a whisk to emulsify.

Submitted By: Carolyn P.

Pesto Dressing

- **1/4 cup** Olive Oil
- **1/4 cup** Red Wine Vinegar
- **3 Tbsp** Prepared Basil Pesto
- **1 clove** Garlic (minced)
- **1/4 cup** Chopped Flat Leaf Parsley
- **1/4 tsp each** Fresh Ground Sea Salt and Black Pepper

Submitted By: Terry – Cambridge, Ontario, Canada

Garlic Vinaigrette

- **3/4 cup** Olive Oil
- **1/4 cup** Cider or Red Wine Vinegar
- **2 cloves** Garlic (minced or put in a press)
- **3 tsp** of Dijon mustard
- **1 tsp** of Worcestershire Sauce
- **1/2 tsp** of salt
- **1/2 tsp** of lemon juice
- **1/4 tsp** of pepper
- **1/4 tsp** of sugar

Submitted By: Randal V.

White Balsamic & Dijon Mustard Vinaigrette

- **2 Tbsp** White Balsamic Vinegar
- **1 Tbsp** Dijon Mustard
- **6 Tbsp** Extra-Virgin Olive Oil
- **To taste** Sea Salt and Freshly Ground Pepper

In a small bowl, whisk together, vinegar and mustard. Slowly all oil in a steady stream, whisking to emulsify. Season with salt and pepper to taste. Makes about 1/4 cup.

Submitted By: Susie M.

Basic No-Fat Vinaigrette

- **3 parts** Orange Juice
- **1 part** White Balsamic Vinegar
- **2 tsp** Chopped Fresh Mixed Herbs (or 1 teaspoon dried mixed herbs)
- **1 pinch** Salt and Freshly Ground Black Pepper

Put everything into a screwtop jar and shake. You can use the dressing immediately, but it is really better to make it beforehand and then store it in the refrigerator to allow the flavours to blend.

Submitted By: Lee Faber

Mustard Vinaigrette

- **1/4 cup** Red Wine Vinegar
- **1 clove** Garlic
- **1 Tbsp** Dijon Mustard
- **1/4 tsp** Pepper (coarse or regular)
- **1/2 tsp** Honey or Stevia (to taste)
- **1/2 cup** Olive oil
- **To taste** Salt

Combine first five ingredients in a blender and turn on. Blend all ingredients. Then, with motor on, slowly drizzle the olive oil in a slow, thin stream. Makes $\frac{3}{4}$ cup and can be refrigerated for one day. Use as a dip for cold asparagus.

Submitted By: Paul M.

White Wine Marinade

- **3 Tbsp** Olive Oil
- **1 cup** Onion (finely chopped)
- **3 cloves** Garlic (finely chopped)
- **1/4 cup** Tarragon Vinegar
- **1 cup** Dry White Wine
- **1 tsp** Dried Thyme
- **1 tsp** Crushed Dried Rosemary
- **1** Bay Leaf
- **6** Black Peppercorns
- **6 sprigs** Parsley

Heat a saucepan over moderate heat. Add olive oil and heat it. Add onions and garlic. Cook about 5 minutes, stirring constantly until the onions are soft. Add vinegar and raise the heat to moderately high. Cook until the mixture is reduced by half. Add the wine, thyme, rosemary, bay leaf, parsley and peppercorns. Bring mixture to a boil, reduce heat and simmer for 5 minutes. Remove pan from heat and let marinade cool.

Submitted By: Paul M.

Citrus Vinaigrette

- **1/4 cup** Extra Virgin Olive Oil
- Juice of One Lemon
- **1 Tbsp** Fresh Orange Juice
- **1/2 tsp** Lemon Zest
- **1 tsp** Honey (optional)
- **1/2 tsp** Sea Salt
- **1/2 tsp** Freshly Ground Black Pepper

Whisk ingredients together in a medium bowl.

Submitted By: E.M. Edson

Pear Dressing

- **1/2 cup** Olive Oil
- **2-3 Tbsp** Pear Vinegar
- **1/4 cup** Honey
- **1 Dash** Salt

Submitted By: Joan R.

Easy Low-Fat Blue Cheese Dressing

- **1/3 cup** Mayonnaise (Isabel's Homemade Mayonnaise)
- **2/3 cup** Greek Yogurt
- **2 Tbsp** White Vinegar
- **1 Tbsp** Dijon Mustard
- **1/2 tsp** Salt
- **1/2 tsp** Black Pepper
- **1/4 cup (1 oz.)** Crumbled Blue Cheese

Submitted By: Lona P. – Lexington, Tennessee

Olive Oil & Lemon Juice Dressing

- **1/2 cup** Extra Virgin Olive Oil
- **1/2 cup** Lemon Juice
- **1 tsp** Dried Oregano
- **1 tsp** Salt
- **1/2 tsp** Pepper

In large bowl, whisk together oil, lemon juice, oregano, salt and pepper.

Recipe Courtesy of Canadian Living Magazine

Submitted by: Tammy K. – Calgary, Alberta, Canada

Peanut Butter Dressing

- 6 Tbsp Raw Peanut Butter
- 2 Tbsp Organic Soy Sauce
- 1 Tbsp Stevia
- 1/3 cup Olive Oil
- 1/3 cup Filtered Water
- 1 pinch Red Pepper Flakes

Submitted By: Susan S.

Geary's Healthy-Fat Blend Balsamic Vinaigrette Dressing

Fill your salad dressing container with these approximate ratios of liquids:

- **1/3 of container** filled with balsamic vinegar
- **1/3 of container** filled with apple cider vinegar
- **Fill the remaining 1/3 of container** with equal parts of extra virgin olive oil and "Udo's Choice EFA Oil Blend."

Add just a small touch (approximately 1 or 2 teaspoons) of real maple syrup. Add a little bit of onion powder, garlic powder, and black pepper and then shake the container to mix all ingredients well.

Submitted By Mike Geary, author of The Truth about Six Pack Abs & The Fat Burning Kitchen <http://abtruth.thedsp.info>

Stevia & Rice Wine Vinegar Dressing

- **2 Tbsp Stevia**
- **1 tsp Pepper**
- **1 tsp Salt**
- **1 cup Olive Oil**
- **6 tsp Rice Wine Vinegar**

Red Wine Vinegar & Honey Dressing

- **2/3 cup Olive Oil**
- **1/3 cup Red Wine Vinegar**
- **2 tsp Honey**
- **1 tsp Minced Fresh Basil**
- **1/2 tsp Salt**
- **1/4 tsp Pepper**

Whisk ingredients until well blended.

Submitted By: Grace – Springboro, Ohio

Coriander Vinaigrette

- 1 Small Garlic Clove
- 1/4 cup Fresh Coriander
- 3 Tbsp Fresh Lemon Juice
- 1/2 tsp Honey
- 1/4 tsp Salt
- 1/2 cup Olive Oil

In a blender purée garlic and coriander with lemon juice, sugar, and salt. With motor running add oil in a stream, blending until dressing is emulsified.

Submitted By: Alex

Olive Oil & Lemon Juice Dressing

- 1/4 cup Organic Olive Oil
- 1 tsp Honey (or sweeten with a couple of drops of stevia)
- 1/4 cup Lemon Juice
- 3/4 tsp Cumin
- 1/2 tsp Cayenne Pepper

Vinegar, Olive Oil, and Herbs

- **1/4 cup** Olive Oil
- **1 Tbsp** White Wine Vinegar
- **1 Tbsp** Red Wine Vinegar
- **1 clove** Garlic (crushed)
- **1 tsp each** Chopped Fresh Parsley and Basil
- **To taste** salt and freshly ground black pepper

Submitted By: Barbara H. – Adelaide, Australia

Fish Sauce Dressing

- **2 Tbsp** Fish Sauce (patis)
- **1 1/2 Tbsp** Fresh Lime Juice (if lime is not available, you can mix lemon and kalamansi to have the taste of lime)
- **1 Tbsp** Water
- **To taste** Stevia

Combine ingredients in a small bowl. Stir to dissolve the stevia.

Submitted By: Marife A.

Eva's Thousand Island Dressing

- **4 Tbsp** of Isabel's Homemade Mayonnaise
- **1 tsp** of dill relish
- **1 tsp** of dill pickle liquid
- **1 medium tomato**, cut in half, then grated from inside (do not use skin), use all the juice and seeds.

Mix well. Add sea salt, pepper, and stevia to taste. It should be a little sweet.

Submitted By: Joan D.

Tamari Olive Oil Sauce

- **1/2 cup** Organic Tamari Soy Sauce
- **2/3 cup** Olive Oil
- **2 cloves** Garlic (crushed)
- **4 Tbsp** Lemon Juice (approximately 1 lemon)
- **2 tsp** Raw Honey, or 1 tsp Stevia

Mix ingredients together, and shake well.

Submitted By: Jeanne D. – Saint John, New Brunswick, Canada

Salad Dressings

Honey Mustard Dressing

- **1 tsp** of raw honey
- **1 tsp** of raw maple syrup
- **2 Tbsp** of olive oil
- **2 tsp** of Dijon mustard
- **2 tsp** of organic salsa
- **1 Tbsp** of apple cider vinegar
- Salt, pepper, and party spices

Submitted by: Nicolas – Trois-Rivieres, Quebec, Canada

Calico Dressing

- **1/2 cup** Stevia Blend (Steviva brand)
- **3/4 cup** White Vinegar
- **2 Tbsp** Olive Oil
- **1 Tbsp** Flaxseed Oil (after cooling, optional)

In small saucepan, combine stevia blend, white vinegar and olive oil. Bring to a boil, remove from heat, and cool. Add flaxseed oil (optional). Shake in a jar to mix.

Submitted By: Marilyn S. – Myrtle Point, Oregon

Isabel's Homemade Mayonnaise

Ingredients

- 1 cup Olive Oil
- 1 Egg
- Juice of 1 Lemon, or Vinegar
- 1 pinch of salt (and pepper, if desired)
- Water to thin the mayonnaise

Directions

1. Separate the eggs in your recipe. Reserve the whites for other recipes.
2. Combine the egg and lemon (or vinegar) in the bowl, whisking to mix. Continue to whisk constantly, adding the oil in a slow, steady stream. (You can make mayonnaise in a food processor or by hand, with a mixing bowl and whisk. The key for either method is to add oil very slowly, in a steady stream, while the processor is running or you're whisking vigorously.)
3. Continue to whisk constantly, adding the oil in a slow, steady stream. If the mayonnaise starts looking too thick, add enough water to thin it to the consistency you desire. Add about a teaspoon of water at a time.
4. When the oil is all mixed in, the mayonnaise should be thick and fluffy, with your whisk forming ribbons through the mixture.
5. If it never thickened and you're stirring a puddle, chances are you will need to start over. (Or, if you're still partway through the process, you can save the emulsion by adding another egg yolk, whisking vigorously. Add in remaining oil, plus extra for a double recipe.)
6. Adjust the seasoning with the salt and pepper and more lemon juice, if desired.
7. Store fresh mayonnaise in the refrigerator and use within five days.

By Isabel De Los Rios