

Salad Dressing Recipes

Tahini Miso Dressing

Ingredients

1 Tbsp miso
1/3 c tahini/sesame butter
1 large clove garlic, minced
1 tsp grated orange zest
1 Tbsp orange juice, fresh squeezed
1 Tbsp parsley,
chopped 1/2 tsp cumin

Directions

Blend with a whisk or immersion blender.
Add water for a thinner consistency.
Refrigerate until ready to use.

Green Goddess Dressing

Ingredients

1 ripe avocado
1 clove garlic, minced
1 Tbsp fresh lime juice
1/4 cup fresh cilantro,
chopped 2-3 Tbsp extra
virgin olive oil 1/4 tsp salt
1/4 tsp pepper

Directions

Blend until smooth using an immersion
blender. Add water for a thinner consistency.
Refrigerate in a sealed container up to 5 days.

Creamy Miso Dressing

Ingredients

2/3 c tofu
1/4 c water
1/4 c lemon juice
1 Tbsp honey
2 Tbsp miso
1 Tbsp rice vinegar
1 tsp ginger, fresh grated
2 cloves garlic

Directions

Blend with an immersion blender until
smooth. Refrigerate until ready to use.

Honey Mustard

Ingredients

1/2 c Greek Yogurt
2 Tbsp mustard
1 1/2 Tbsp honey
1 Tbsp lemon juice
1 tsp lemon zest

Directions

Whisk ingredients to combine well.
Store in refrigerator until ready to use.

Vinegar & Oil Dressing

Ingredients

1/3 c vinegar of choice (balsamic, fig vinegar,
apple cider vinegar, etc)
2/3 c extra virgin olive
oil 1 Tbsp mustard
2 cloves garlic, minced
Optional: 1 Tbsp fresh or dried herbs of
choice (basil, oregano, thyme, dill, etc)

Directions

Whisk ingredients together. Store in
refrigerator or on counter.

Homemade Ranch Dressing

Ingredients

1/2 c low fat mayonnaise
1/2 c 2% Greek yogurt
2 Tbsp olive oil
1 c low fat buttermilk
3 Tbsp fresh chives, chopped
1/4 c fresh parsley, chopped 1
large clove garlic, minced
Juice from 1/2 a lemon
1/2 tsp salt
1/2 tsp pepper

Directions

Blend well with a whisk or immersion
blender. Refrigerate until ready to use.

