



DIY Salad Dressing

DRESSINGS, VEGETABLE DIPS, MARINADES



Creamy Herb Dressing

Ingredients:

½ cup sour cream yogurt may be substituted, but the consistency of the dressing may change

¼ cup EVOO

¼ cup chopped fresh herb leaves such as: basil, parsley, dill, marjoram, or oregano

1 Tbs white wine vinegar

1 lemon juiced

1 garlic clove, chopped

½ green onion mainly the white part and some green, about 2-3 tablespoons Note: The green onions add a tangy bite. They may be left out of the recipe for a mild dressing.

Directions:

Add all the ingredients to the bowl of a food processor. Pulse the ingredients for 1 minute or until the dressing is creamy and the herbs are finely chopped.

Store in the fridge for up to 2 weeks.

Herbed Honey Mustard Dressing

Ingredients:

½ cup EVOO

¼ cup chopped fresh herb leaves such as: parsley, basil, dill, thyme (or combination of herbs)

¼ cup white wine vinegar

1 Tbs honey

1 Tbs dijon mustard

1 tsp shallots, chopped

Directions:

Add all the ingredients to the bowl of a food processor. Pulse the ingredients for 1 minute or until the dressing is smooth and the herbs are finely chopped.

Store in the fridge for up to 2 weeks.

Fresh Herb Vinaigrette

Ingredients:

½ cup oil

3 Tbs red or white wine vinegar

1 Tbs chopped fresh herbs of choice (basil, oregano, rosemary, thyme or a combination)

1 Tbs fresh parsley, chopped

1 medium green onion, chopped finely

¾ tsp sea salt

¼ tsp pepper

Directions:

In tightly covered container, shake all ingredients.

Shake prior to serving. Store tightly covered in the fridge for up to one week.

Classic Green Goddess Dressing

Ingredients:

- 1 large egg yolk
- 1 tsp Dijon mustard
- 2 Tbs freshly squeezed lemon juice
- 1 cup EVOO
- 1 cup fresh flat-leaf parsley
- 3 Tbs fresh chives, minced
- 2 Tbs fresh tarragon leaves
- 2 tsp anchovy paste
- 1 clove garlic, chopped
- $\frac{3}{4}$ cup plain greek yogurt or sour cream
- Kosher salt

Directions:

Make a quick mayonnaise, pulse the egg yolk, Dijon mustard, and lemon juice in a blender with a few quick pulses. Turn the blender on and drizzle in the oil in a thin, steady stream. Continue to blend until the mixture is light in color and thick.

Blend the herbs and garlic. Stop the blender and scrape down the sides. Add the parsley, chives, tarragon, anchovy paste, and garlic. Blend until smooth and vibrant green.

Whisk the dressing with the yogurt, place the Greek yogurt or sour cream in a medium bowl. Add the herb mayonnaise and stir to combine.

Taste the dressing for seasoning. The anchovy paste is usually salty enough, but add additional salt if desired.

Serve as a dip for crudité or as a dressing for salads.

Will store in the fridge for up to one week.

Lime Cilantro Dressing

Ingredients:

¾ cup EVOO
½ cup chopped fresh cilantro leaves
2 limes juices
1 Tbs white wine vinegar
1 Tbs honey
2 garlic cloves, chopped
1 tsp chopped shallots
⅛ tsp sea salt

Directions:

Add all the ingredients to the bowl of a food processor. Pulse ingredients for 1 minute.

Store in the fridge for up to 2 weeks. This is also a great marinade for chicken or kebabs.

Greek Salad Dressing

Ingredients:

2 tbsp.

red wine vinegar

Juice of 1/2 a lemon

1 tsp.

dried oregano

Kosher salt

Freshly ground black pepper

1/4 c.

extra-virgin olive oil

Directions:

In a small bowl, make dressing: Combine vinegar, lemon juice, and oregano and season with salt and pepper. Slowly add olive oil, whisking to combine. Drizzle over salad.