

## Homemade Salad Dressing Recipes

### Raspberry Vinaigrette Dressing

#### Ingredients:

- 6 ounces fresh raspberries, washed
- 1 tablespoon red wine vinegar
- 4 tablespoons of extra virgin olive oil
- Salt and pepper to taste
- Honey to taste (optional)

#### Instructions:

1. Push berries through a fine mesh strainer into a small bowl, first with fork (to mash) and then with the back of a spoon to push all the fruit through. If a few seeds squeeze through it's no big deal. This should yield about ½ cup of raspberry puree
2. Using a fork or small whisk, whisk red wine vinegar, olive oil and salt, pepper and honey if desired. Taste and season again as needed. Store in fridge until ready to use or for up to one week. The oil may harden a bit in the fridge, so plan to leave it out on the counter for about 30 minutes prior to use. Or you may gently warm it in the microwave (for about 10 seconds)

From: <http://www.rachelcooks.com/2014/05/27/fresh-raspberry-vinaigrette-dressing-recipe/>

### Strawberry Vinaigrette Dressing

#### Ingredients:

- ½ pound fresh strawberries
- 2 tablespoons honey (or more to taste if strawberries are not very sweet)
- 2 tablespoons apple cider vinegar
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

#### Instructions:

1. Place all ingredients in a blender and blend until smooth
2. Adjust honey to taste

From: <http://www.thegraciouspantry.com/clean-eating-strawberry-vinaigrette/>

### Balsamic Vinaigrette

#### Ingredients:

- 1 ½ cups balsamic vinegar
- 1 cup olive oil
- 2 tablespoons pressed garlic
- 2 tablespoons dried parsley flakes
- 1 tablespoon sugar, or more, to taste
- 1 tablespoon dried basil
- 2 teaspoons dried oregano

#### Instructions:

1. In a large bowl, whisk together balsamic vinegar, olive oil, garlic, parsley, sugar, basil and oregano
2. Store at room temperature for up to 2 weeks

Yield: 2 ½ cups

From: <http://damndelicious.net/2014/07/09/homemade-balsamic-vinaigrette/>

### **Creamy Garlic Lime Vinaigrette**

#### **Ingredients:**

- 1/3 cup olive oil
- Zest of one lime + ¼ cup fresh lime juice (from 1-2 limes)
- 1 clove garlic, minced
- 2 tablespoons honey
- 2 tablespoons heavy cream
- Salt and pepper

#### **Instructions:**

1. Pour all ingredients into the jar with ½ teaspoon of salt and ¼ teaspoon ground pepper
2. Screw the lid on tightly and shake until smooth and creamy. Refrigerate until ready to serve

From: <http://www.aspicyperspective.com/garlic-lime-vinaigrette/2>

### **Greek Vinaigrette**

#### **Ingredients:**

- ¼ cup extra virgin olive oil
- 2 tablespoons red wine vinegar
- 1 lemon, juiced
- 2 cloves garlic, smashed with side of knife then peeled
- 1 teaspoon dried oregano leaves
- 3 pinches of salt
- 10-15 grinds black pepper

#### **Instructions:**

1. Combine all ingredients in a container with a like (a mason jar) and shake strongly until ingredients are well mixed. You can adjust the salt and pepper to taste
2. Cover and store in the refrigerator for up to 1 week. Stir dressing before serving

#### **Note:**

- Garlic flavor will get stronger, the longer the vinaigrette sits. If serving the dressing immediately, you can substitute smashed garlic for minced or pressed garlic

From: <http://www.littlebroken.com/2015/02/28/greek-vinaigrette/>

### **Honey Lime Vinaigrette**

#### **Ingredients:**

- ¼ cup fresh lime juice
- 2 tablespoons honey
- 1 teaspoon Dijon mustard
- ½ teaspoon garlic powder
- ¼ teaspoon cumin
- ½ teaspoon kosher salt
- ½ teaspoon ground black pepper
- ¼ cup olive oil

- ¼ cup grapeseed or canola oil (or other preferred mild tasting oil)

**Instructions:**

By Blender:

1. Add all ingredients except the 2 oils in a blender and mix until combined.
2. While the blender is running, add oils in a thin stream through the hole in the blender lid. Blend until well mixed

In a bowl:

1. Whisk together all ingredients except the 2 oils. Continue whisking while adding the oils in a thin stream. Keep whisking until well combined

In a Jar:

1. Add all ingredients except the 2 oils to jar. Cover and shake to combine. Add 2 oils and shake vigorously until well combined

From: [http://www.theyummylife.com/honey\\_lime\\_vinaigrette](http://www.theyummylife.com/honey_lime_vinaigrette)

**Sesame Ginger Vinaigrette****Ingredients:**

- 1 garlic clove, finely minced or pureed
- 1 teaspoon finely minced ginger
- 3 tablespoons rice vinegar
- 1 teaspoon soy sauce
- 1 teaspoon brown sugar or agave nectar
- 5 tablespoons canola oil or light sesame oil
- 2 tablespoons sesame oil
- 1 tablespoon toasted sesame seeds

**Instructions:**

1. Place all ingredients in a minichop or blender and blend until all ingredients are well mixed

From: <http://cooking.nytimes.com/recipes/1013469-sesame-ginger-vinaigrette>

**Red Wine Vinaigrette****Ingredients:**

- ½ cup red wine vinegar
- 3 tablespoons lemon juice
- 2 teaspoons honey
- 2 teaspoons salt
- Freshly ground black pepper
- 1 cup olive oil

**Instructions:**

1. Mix vinegar, lemon juice, honey, salt and pepper in a blender. With blender running, gradually blend in oil

From: <http://www.foodnetwork.com/recipes/giada-de-laurentiis/red-wine-vinaigrette-recipe.html>

**Strawberry Poppyseed Dressing****Ingredients:**

- 3 tablespoons red wine vinegar

- ¼ cup sugar
- ½ teaspoon salt
- ½ teaspoon ground mustard
- ½ cup canola oil
- ¾ cup sliced strawberries
- ¾ teaspoon poppy seeds

**Instructions:**

1. Place vinegar, sugar, salt and mustard in a blender. Pulse to mix ingredients together
2. While the blender is running, slowly drizzle in the oil until the mixture is creamy
3. Add the strawberries and continue mixing until smooth. Stir in poppy seeds
4. Refrigerate until ready to serve

From: <http://www.simplebites.net/salute-spring-strawberry-salad-with-strawberry-poppy-seed-dressing/>

### Italian Salad Dressing

**Ingredients:**

- 1/3 cup olive oil
- 3 ½ tablespoons vinegar (suggestions: salad, red wine or balsamic)
- 2 tablespoons grated Romano cheese
- 1 teaspoon granulated sugar
- 1 teaspoon freshly ground black pepper
- ¾ teaspoon salt
- ¼ teaspoon garlic powder

**Instructions:**

1. Add all of the ingredients to a salad shaker, mason jar or other container. Close with a tight-fitting lid and shake for about 10 seconds to combine
2. Drizzle over salad and serve. Left over dressing can be stored in the refrigerator for up to 2 weeks

From: <http://www.browneyedbaker.com/best-italian-salad-dressing-recipe/>

### Lemon Avocado Salad Dressing

**Ingredients:**

- 1/3 cup mashed avocado (1 medium)
- 2 tablespoons lemon juice (juice from 1 lemon)
- 1 tablespoon olive oil
- 1 teaspoon honey
- 2-3 tablespoons water (to reach desired consistency)

**Instructions:**

1. Combine all ingredients in a small bowl and stir vigorously until well-combined
2. Makes about ½ cup of dressing

From: <http://www.theleangreenbean.com/lemon-avocado-salad-dressing/>

### Greek Yogurt Ranch Dressing

**Ingredients:**

- 1 tablespoon dried parsley
- 2 teaspoons garlic powder

- 2 teaspoons onion powder
- ¼ teaspoons ground black pepper
- 1 teaspoon salt
- 1 tablespoon fresh chives
- 1 cup non fat plain Greek yogurt
- 1/3 cup buttermilk
- 1 teaspoon Dijon mustard
- 1 teaspoon lemon juice

**Instructions:**

1. Place the spices (dried parsley-fresh chives) into a food processor and pulse a few times, until the spices have been ground up a bit
2. Scrap down the sides
3. Place the remaining ingredients- Greek yogurt, Dijon mustard and lemon juice- into the food processor and pulse until the ingredients have been fully incorporated
4. Scrape down the sides, if needed, and pulse again
5. Transfer into a sealable container (like a mason jar) and place in the fridge until you're ready to use it

**Nutrition Information:**

\*For the whole recipe

Calories: 206 Fat: 1.1 Saturated Fat: 0.5 Protein: 16.7

From: <http://showmetheyummy.com/homemade-greek-yogurt-ranch-dressing/>

**Blue Cheese Dressing**

**Ingredients:**

- ¼ cup blue cheese finely chopped or in crumbles
- ½ cup non-fat Greek yogurt
- Juice of ½ a lemon
- 1 tablespoon white vinegar
- ¼ teaspoon salt
- Cracked black pepper to taste
- Sprinkle of garlic powder
- Sprinkle of onion powder
- Drizzle of honey or agave

**Instructions:**

1. Finely chop then break apart the blue cheese into small crumbles. Combine blue cheese, Greek yogurt, lemon juice and vinegar in a bowl or jar and mix well. Add all seasonings and a drizzle of agave or honey and stir well with fork until cheese is no longer clumping up
2. If the keeps getting stuck and/or clumping to the fork during stirring, just remove it and break it up and continue stirring. You need to totally mash up all the larger clumps and totally combine it so nobody picks up on the yogurt hiding in there! Just keep mixing until you can't taste the yogurt
3. The thickness of the dressing will vary depending on the brand of Greek yogurt you use. Some are really thick so if necessary, add water (1 tablespoon at a time) and stir until dressing reaches desired consistency

From: <http://honestfare.com/guiltless-blue-cheese-dressing/>

## Lemon Poppyseed Dressing

### Ingredients:

- 2 tablespoons honey
- 2 tablespoons sugar
- 3 tablespoons apple cider vinegar
- 2 tablespoons olive oil
- ½ cup plain greek yogurt (I used 0% fat)
- ¼ cup mayo (I used reduced fat)
- 1 ½ tablespoons poppyseeds
- 1 tablespoon lemon juice
- 1 tablespoon milk

### Instructions:

1. Whisk all ingredients together and chill for at least 1 hour before serving

From: <http://lecremedelacrumb.com/2014/06/lemon-poppysseed-salad-dressing.html>

## Caesar Salad Dressing

### Ingredients:

- 2 small garlic cloves, minced
- 1 teaspoon anchovy paste (found near the tuna fish in supermarkets)
- 2 tablespoons freshly squeezed lemon juice, from one lemon
- 1 teaspoon Dijon mustard (I like the brand Maille)
- 1 teaspoon Worcestershire sauce
- 1 cup mayonnaise (like Hellmann's Real)
- ½ cup freshly grated Parmigiano-Reggiano
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper

### Instructions:

1. In a medium bowl, whisk together the garlic, anchovy paste, lemon juice, Dijon mustard and Worcestershire sauce. Add the mayonnaise, Parmigiano-Reggiano, salt and pepper and whisk until well combined. Taste and adjust to your liking. The dressing will keep for about 1 week in the fridge

### Nutrition Information:

Yield: 1 1/3 cup

Serving Size: 2 tablespoons

Calories: 184 Fat: 19g Carbohydrates: 1g Protein: 2g Sodium: 296mg Cholesterol: 13mg

From: <http://www.onceuponachef.com/2010/08/caesar-salad-dressing.html>

## Avocado Cilantro Dressing

### Ingredients:

- Half an avocado
- ¼ cup greek yogurt
- ½ cup water
- 1 cup cilantro leaves and stems

- 1 small clove of garlic
- ½ teaspoon salt
- A squeeze of lime juice

**Instructions:**

1. Combine all ingredients in a food processor or blender and mix until smooth

From: <http://pinchofyum.com/5-minute-avocado-cilantro-dressing>

**French Dressing**

**Ingredients:**

- 1 squirt of mustard
- 1 tablespoon tomato paste (organic if you prefer)
- 1/3 cup olive oil
- ¼ cup white wine vinegar
- 1 tablespoon of honey (optional)
- ½ teaspoon onion powder or small chunk of fresh onion

**Instructions:**

1. Put all ingredients in a small blender and blend until smooth

From: <http://wellnessmama.com/1613/french-dressing/>

**Thousand Island Dressing**

**Ingredients:**

- 3 eggs
- ¼ cup Worcestershire sauce
- 1 tablespoon white sugar
- ¼ cup white vinegar
- 1 pinch ground cloves
- 1 quart mayonnaise
- ¾ cup sweet pickle relish
- ½ cup chopped black olives
- ½ cup diced red bell pepper

**Instructions:**

1. Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Removed from hot water, cool, peel and chop
2. In a medium bowl, whisk together the chopped eggs, Worcestershire sauce, sugar, vinegar, cloves, mayonnaise, relish, olives, and red pepper until evenly blended. Chill and serve. Store in the refrigerator

From: <http://allrecipes.com/recipe/26534/authentic-thousand-island-dressing/>

**Catalina Salad Dressing**

**Ingredients:**

- ½ onion, roughly chopped
- ½ cup ketchup
- ½ cup honey

- ¼ cup apple cider vinegar
- 1 tablespoon Worcestershire sauce
- 1 teaspoon paprika
- ½ teaspoon celery salt
- Dash of pepper
- 1 cup olive oil

**Instructions:**

1. Place all ingredients except olive oil in a blender. Blend until pureed. With blender on low, slowly add the olive oil until completely mixed
2. Dressing will keep in the refrigerator for 1 week

**From:** <http://www.kristinschell.com/homemade-catalina-salad-dressing/>

### Honey Mustard Dressing

**Ingredients:**

- ½ cup fat free plain greek yogurt
- 2 tablespoons yellow mustard
- 3 ½ tablespoons honey
- ¼ teaspoon pepper
- ½ teaspoon garlic powder
- ¼ teaspoon salt
- 1 tablespoon lemon juice

**Instructions:**

1. Whisk together all ingredients in a bowl. Cover and chill until ready to serve

**From:** <http://lecremedelacrumb.com/2014/03/creamy-honey-mustard-dressing.html>

### Creamy Italian Dressing

**Ingredients:**

- ½ cup white wine vinegar
- 1 and ½ teaspoon dried Italian seasoning
- ½ teaspoon dried minced garlic
- ½ teaspoon garlic powder
- ¼ teaspoon red pepper flakes
- 1/8 teaspoon salt
- 6 tablespoons grated parmesan cheese (or ¼ cup and 2 tablespoons)
- 6 tablespoons organic mayo (Wegman's Brand Organic Mayonnaise recommended) (or ¼ cup and 2 tablespoons)
- 2 teaspoons white wine (optional)
- 1 cup extra virgin olive oil

**Instructions:**

1. Add all ingredients except the oil to a food processor. Slowly add oil while continuing to blend. If you don't have a food processor just use a mixing bowl and whisk
2. Store in the refrigerator for up to 2 weeks

**From:** <http://www.3boysunprocessed.com/creamy-italian-dressing/>



## **Green Goddess Dressing**

### **Ingredients:**

- 2 cloves garlic, minced
- 1 cup fresh basil, loosely packed
- 1/3 cup fresh parsley, loosely packed
- ½ cup plain Greek yogurt (I used low fat)
- 2 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- Kosher salt to taste

### **Instructions:**

1. Add all ingredients to a blender and blend until smooth

**From:** <http://www.theroastedroot.net/mayo-free-green-goddess-dressing/>