

# Salad Dressings and Vegetable Sauces

*For all of these dressings you can whisk all the ingredients together in a small bowl and store in a jar. Then just shake the jar right before serving. Alternatively, you can blend the ingredients in a high-powered blender to get a smooth, emulsified dressing (ranch will turn green so you may want to whisk it). You may need to double the amounts if blending as small quantities don't blend well in some blenders. For the salt and pepper, I use ¼ teaspoon of each in the dressing itself and then top the salad or veggies with a little more salt and pepper right before serving.*

## Chipotle Honey Dressing

¼ cup fresh lime juice  
2 tablespoons either fresh lemon or orange juice  
¾ cup canola or grapeseed oil  
1-2 teaspoons chipotle paste (on Amazon and AMAZING!)  
2 tablespoons honey  
2 garlic cloves (minced if whisking)  
¼ cup fresh cilantro leaves (minced if whisking)  
Kosher salt and pepper to taste  
A couple pinches of cumin

## Roasted Tomato Vinaigrette

*\*You need to blend this dressing.*

1 cup roasted tomatoes with juice (canned are perfect!)  
2 tablespoons red wine vinegar  
¼ cup olive oil  
½ teaspoon chipotle paste (on Amazon and AMAZING!)  
1 garlic clove  
1 tablespoon shallots  
2 tablespoons fresh cilantro leaves (minced if whisking)  
Kosher salt and pepper to taste

## Avocado Dressing

1 large ripe avocado (mashed well if whisking)  
¼ cup olive or grapeseed oil  
½ cup water  
¼ fresh lime juice  
¼ cup fresh cilantro leaves (minced if whisking)  
2 cloves garlic (minced if whisking)  
Kosher salt and pepper to taste

## Lemon Tahini Dressing

¼ cup tahini  
⅓ cup water  
1 tablespoon honey or agave syrup  
¼ cup fresh lemon juice  
2 garlic cloves (minced if whisking)  
Kosher salt and pepper to taste  
*A pinch of cayenne or cumin or both if you'd like.*

## Champagne Vinaigrette

⅓ cup Champagne vinegar (white wine vinegar works too)  
2 teaspoons Dijon mustard  
¼ cup fresh lemon juice  
1 small shallot (minced if whisking)  
1 teaspoon honey  
½ cup olive oil  
Kosher salt and pepper to taste

## Dijon Vinaigrette

⅓ cup olive oil  
1 tablespoon fresh lemon juice  
1 tablespoon white or red wine vinegar  
2 teaspoons Dijon mustard  
1 clove garlic (minced if whisking)  
Kosher salt and pepper to taste

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## Asian Vinaigrette

¼ cup low-sodium soy sauce  
2 tablespoons canola oil  
2 tablespoons sesame oil  
1 tablespoon honey  
1 clove garlic, (minced if whisking)  
1 teaspoon freshly grated ginger  
2 tablespoons rice wine vinegar

## Italian Dressing

¾ cup olive oil  
¼ cup red wine vinegar  
2 teaspoons fresh lemon juice  
1 clove garlic (minced if whisking)  
1 teaspoon dried oregano, crushed  
1 teaspoon dried thyme  
1 tablespoon fresh Italian parsley (finely chopped if whisking)  
A couple pinches of red chili flakes  
1 teaspoon Kosher salt  
¼ teaspoon freshly ground black pepper  
Maybe a teaspoon of honey (if too acidic)

## Homemade Ranch

½ cup buttermilk  
½ cup mayonnaise  
½ cup sour cream  
1 clove garlic (minced if whisking)  
1 tablespoon Dijon mustard  
1 - 2 tablespoons fresh lemon juice  
Couple pinches of cayenne pepper  
3 tablespoons fresh dill (chopped fine if whisking)  
2 tablespoons fresh Italian parsley (chopped fine if whisking)  
¼ cup scallions or chives, finely chopped  
2 teaspoons Kosher salt  
½ teaspoons freshly ground black pepper

### *For Jalapeno Ranch....*

Substitute lime juice for lemon juice  
Omit the cayenne pepper  
Substitute cilantro for the parsley  
Skip the black pepper and add ¼ - ½ jalapeno (depending on your heat tolerance)

### *For Avocado Ranch....*

Add 1 avocado  
Omit Dijon  
Use only 2 tablespoons mayonnaise - or you can omit it

## Balsamic Dressing

1 tablespoon Dijon mustard  
1 medium shallot, (minced if whisking)  
¼ cup balsamic vinegar  
¾ cup extra virgin olive oil  
1 teaspoon honey  
Kosher salt and freshly ground black pepper to taste

## Creamy Chipotle Dressing

2 tablespoons cilantro, finely chopped  
1 clove garlic, (minced if whisking)  
¼ cup buttermilk  
2 tablespoons mayonnaise  
1 tablespoon fresh lemon or lime juice  
½ cup sour cream  
½ teaspoon chipotle paste  
½ teaspoon paprika  
2 tablespoons chives, finely chopped  
½ teaspoon kosher salt  
½ teaspoon pepper

## Asian Peanut Dressing

¼ cup smooth peanut butter  
¼ cup low-sodium soy sauce  
2 tablespoons canola oil  
2 tablespoons sesame oil  
2 tablespoons honey  
2 tablespoons pepper jelly (Trader Joe's sells this)  
¼ cup cilantro, finely chopped  
2 cloves garlic, minced  
2 teaspoons freshly grated ginger  
2 tablespoons rice wine vinegar  
Juice from one lime

## (My version of) Caesar Dressing

⅔ cup olive oil  
2 tablespoons fresh lemon juice  
2 tablespoons white or red wine vinegar  
2 teaspoons Dijon mustard  
2 tablespoons mayonnaise  
1 clove garlic (minced if whisking)  
Kosher salt and pepper to taste  
1 teaspoon anchovy paste