



## Dressings: Quick & Easy Ways to Flavor Foods

(hint: they're not just for salads)

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 Nourished Living Holistic Nutrition  Tina Annibell

In addition to salads, use these dressings to flavor cooked vegetables, grain dishes, poultry, bean dishes and seafood.

**Directions:** either whisk ingredients together in a small bowl, or combine in a glass jar with a tight-fitting lid and shake.

**Tip:** Measure oil first. Dip measuring spoon into oil before measuring honey or mustard. They'll easily slide off spoon.

**Storage:** those requiring refrigeration have a (R) next to name, otherwise on a counter top. All will last for 2 weeks.

### **Apple Cider Vinaigrette**

1/3 cup extra virgin olive oil  
3 tablespoons apple cider vinegar  
1 tablespoon honey  
1 teaspoon dijon mustard  
1/2 teaspoon sea salt  
freshly ground black pepper, to taste

### **Light & Lemony Vinaigrette**

1/2 cup extra virgin olive oil  
2 teaspoons honey  
4 tablespoons lemon juice  
1 teaspoon lemon zest (optional but recommended)  
3 tablespoons white balsamic or rice vinegar  
1/2 teaspoon sea salt  
Freshly ground pepper to taste

### **Balsamic Vinaigrette (R)** – if garlic is used)

1/4 cup extra virgin olive oil  
1 tablespoon Dijon mustard  
1 teaspoon honey  
1/4 cup balsamic vinegar  
1 large clove garlic, minced (optional)  
1/4 teaspoon salt  
1/4 teaspoon pepper

### **Honey Dijon Vinaigrette**

1/2 cup extra virgin olive oil  
2 teaspoons Dijon mustard  
2 tablespoons honey  
1/4 cup white balsamic vinegar  
1/2 teaspoon sea salt  
fresh ground black pepper

### **Best Dressing R**-if garlic & shallot used

1/3 cup extra virgin olive oil  
2 teaspoons honey  
1/2 tablespoon Dijon mustard  
2 tablespoons apple cider vinegar  
1/2 tablespoon tamari soy sauce  
1/2 teaspoon sea salt  
1/4 teaspoon black pepper  
1 tablespoon shallot, minced (optional)  
1 small garlic clove, minced (optional)

### **Creamy poppy seed dressing (R)**

1/2 cup plain, unsweetened full fat yogurt  
1 tablespoon extra-virgin olive oil  
2 tablespoons honey (use more or less depending on tartness of yogurt)  
1 tablespoon apple cider vinegar  
1 teaspoon poppy seeds  
Sea salt to taste

### **Asian Sauce (R)** This one is more for a stir fry than salads.

1/4 cup tamari soy sauce  
1/4 cup + 2 tablespoons sesame oil (sub olive oil)  
1 1/2 tablespoons maple syrup  
1 tablespoons brown rice vinegar  
Juice of 1/2 lime, about 1 teaspoon  
2 tablespoons minced ginger  
Few shakes hot pepper sesame oil or sriracha for heat (optional)