



ORGANIC

HOMEMADE

DRESSING RECIPES

A NATURAL CHEF

Shake it, Stir it, & Blend it!

Dress your salad with healthy, tasty alternatives to bottled dressing! The salad dressing that you drizzle on your bowl of fresh greens, toss into chopped seasonal vegetables or mix with beans, grains, pasta and other goodies is really what pulls everything together.

Salad dressing highlights those tasty ingredients, brings out their natural flavors and adds that essential pop of flavor and excitement. Bottles and jars of dressings line the shelves in your typical grocery store. Although there are some interesting sounding flavor combinations, most of these salad dressings are made with poor quality (often genetically modified) oils. Exorbitant amounts of sodium and sugar or artificial sweeteners, emulsifiers and preservatives are added to even the healthiest bottled dressings.

Are you looking for top quality ingredients and optimal flavor? Of course you are! Scan your grocery aisle for some interesting sounding salad dressing combinations and then make it yourself!



A well balanced
salad dressing
consists of three
basic component

FAT or OIL

VINEGAR
or other acidic liquid
such as lemon juice

SEASONINGS



A good quality cold pressed organic olive oil works well for most dressings. Avocado, seeds and nuts, flavored oils such as toasted sesame oil, hemp seed oil and walnut oil are other options. Yoghurt, non dairy mayonnaise type dressings and nut butters (cashew, tahini or almond butter) can add a lovely creamy consistency.



Vinegars and acidic tasting ingredients help to balance the fat in a dressing and give it a well rounded flavor. My favorite is a raw organic cider vinegar that adds a tart, zippy flavor and contains many different nutrients, trace elements and amino acids. Lemon, lime and fresh orange juice along with the zest from the skin also work well. Try brown rice vinegar for a mellow Asian inspired dressings. Balsamic vinegar, umeboshi vinegar or red wine vinegar are other good options.



Always choose a good quality unrefined salt such as sea salt or Himalayan pink salt to round out the flavors. Add some fresh herbs, crushed garlic, onions, shallots, spices, mustard, capers, horseradish, wasabi, a spoon of raw honey, fresh ginger or a dash of hot sauce. The combinations are endless.

Scan your grocery aisle for interesting sounding salad dressing combinations and then make it yourself!

A NATURAL CHEF CATHY A. VOGT

Certified Health Counselor & Professional Chef



www.anaturalchef.com

Basic Vinaigrette Style Dressing

INGREDIENTS

- ¼ cup Olive oil, extra virgin, cold pressed, organic preferred
- 2 Tbsp Lemon juice, fresh
- 2 Tbsp Cider vinegar, raw, organic, unfiltered
- 1 tsp Dijon mustard or dry mustard
- 1 clove Garlic, pressed
- 1 Tbsp Capers, rinsed and chopped
- 1 Tbsp Shallot or fresh chives finely minced
- Salt, fresh ground pepper to taste

OPTIONAL

- 2 Tbsp Nutritional yeast

Method Place all of the ingredients in a jar, twist lid to secure and shake vigorously to incorporate. Taste dressing and adjust seasonings as necessary.

Tips If the vinegar you are using is very sharp try adding a few tablespoons of apple juice to sweeten and balance the flavor.

Add in additional herbs for extra flavor. Try Basil, oregano and parsley or thyme. If fresh herbs are not available put vinegar/lemon in jar first, add dried herbs gently crushing them between your fingers and let sit for about 10 minutes to release flavors then add the remaining ingredients and shake.

YIELD ¾ cup **SPECIAL DIETS** Vegetarian, Gluten Free, Sugar Free, Dairy Free

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Creamy Avocado Dressing

INGREDIENTS

- 2 med. Avocado, ripe
- 1 clove Garlic, peeled
- 2 Tbsp Shallots, chopped (or mild flavored onion)
- Pinch Cayenne pepper
- 2 tsp Cumin powder
- 1 Lime, juice of
- ¼ cup Cilantro, fresh
- Water to thin
- Salt and fresh pepper to taste

Method Place peeled and diced avocado, garlic, shallot, cayenne, cumin, lime and cilantro in blender. Add enough water to emulsify and blend ingredients. Add additional water to thin out to pourable consistency. Season dressing with salt and pepper.

Pour dressing into container and refrigerate until needed.

Tips Serve avocado dressing with your favorite greens. I like to pair this with spicy arugula or heartier romaine lettuce.

Use avocado dressing as a dipping sauce for raw vegetables or with your favorite quesadilla.

YIELD 1½ cups **SPECIAL DIETS** Vegetarian, Gluten Free, Sugar Free, Dairy Free

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Peachy Tomato-Basil Dressing

INGREDIENTS

1 cup or 1 large	Tomato, very ripe (roma or slicing variety), diced with juice included
½ cup	Peaches, very ripe, peeled, diced with juiced included
½ cup	Fresh basil leaves, washed, loosely packed
1 clove	Fresh garlic, peeled, pressed or chopped
1-2 Tbsp	Umeboshi Plum vinegar (or raspberry vinegar)
1-2 Tbsp	Extra virgin olive oil (organic preferred)
	Sea salt & Fresh ground pepper to taste

Method Place tomatoes, peaches, basil, garlic, vinegar and olive oil in blender. Process dressing in blender for 1-2 minutes until smooth and well mixed. Scrape down ingredients in blender as necessary. Taste dressing and season with extra sea salt and pepper.

Tips I like to make this simple dressing when tomatoes and peaches are at their height of flavor and ripeness. This dressing is a delicious accompaniment to salad greens, grilled salmon or tossed in with steamed or grilled vegetables

YIELD 1¾ cups **SPECIAL DIETS** Vegetarian, Gluten Free, Sugar Free, Dairy Free

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Carrot-Ginger Vinaigrette

INGREDIENTS

4 Tbsp	Rice Vinegar
2 Tbsp	Shoyu
2 tsp	Ginger, freshly grated
2 tsp	Toasted sesame oil
2 tsp	Scallions or chives, minced
1 each	Garlic clove, smashed or finely minced
⅔ cup	Extra Virgin Olive Oil
2 tsp.	Flax oil
¾ cup	Carrot pulp, (from juicing) or finely grated

Method Place all of the ingredients in a jar and shake vigorously to incorporate. Taste dressing and adjust seasonings as needed.

Tips This is a great all purpose vinaigrette; toss with raw sliced bok choy for an asian style salad, use with steamed vegetables or as a light dressing with sliced grilled chicken. Start to incorporate pulp from juicing into your dressings, it's a great way to use up what you might otherwise throw out.

This dressing will keep for several weeks in the refrigerator

OPTIONAL

¼ tsp	Crushed red pepper
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YIELD 1½ cups **SPECIAL DIETS** Vegetarian, Gluten Free, Sugar Free, Dairy Free

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Creamy Avocado
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