

QUICK AND EASY SALAD DRESSINGS



Raspberry-Orange Vinaigrette

Ingredients:

- 1 cup 100% orange juice
- ½ cup fresh or frozen raspberries (thawed)
- ¼ cup balsamic vinegar
- Freshly ground pepper to taste

Directions:

Throw all ingredients in a blender and puree until smooth. No blender handy? Mash the raspberries with a potato masher and throw all ingredients in a clean glass jar, cover, and shake well.

*Serves 4-6 salads

Jane's 3-2-1 Salad Dressing

Ingredients:

- 3 Tablespoons balsamic vinegar
- 2 Tablespoons mustard of choice
- 1 Tablespoon maple syrup

Directions:

Mix all ingredients in a small bowl with a whisk until smooth. Feel free to change the proportions of the ingredients to your taste.

*This makes only 1/3 cup. Keep the same proportions of 3 to 2 to 1 if you make more. Store in the fridge.

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Lemon-Ginger Salad Dressing

Ingredients:

- 1-inch piece of fresh ginger, grated finely or 1 teaspoon ground ginger
- Juice of 1 juicy lemon or use 1 Tablespoon of bottled lemon juice
- 2 Tablespoons maple syrup

Directions:

Mix all ingredients in a small bowl.

*Makes enough for 2 salads

Hummus/Orange Juice Salad Dressing

Ingredients:

- 2-3 Tablespoons hummus (buy or make your own: chickpeas, lemon, garlic as a base)
- 2 Tablespoons balsamic vinegar
- 3 Tablespoons orange juice or $\frac{1}{2}$ an orange including sections and juice
- 1 teaspoon mustard of your choice

Directions:

Mix all ingredients in a small bowl.

*The hummus helps it stick well and feel like a thick dressing.
Serves 2-4 salads

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Quick tips:

- Prepare a few of your favorite salad dressings at the beginning of the week so they are ready when it's time to eat.
- Pre cut your favorite vegetables so making your salad is as quick and easy as possible.
- Keep lemons on hand. The quickest salad dressing of all is simply adding a freshly squeezed lemon. Fresh herbs are also a great addition for flavor.