



## Salad Dressing Recipes

### **Roasted Garlic Dressing (Phases 1-4)**

2 Tablespoons French shallots, chopped

1/3 cup apple cider vinegar

1 teaspoon Dijon mustard

1/2 teaspoon salt

pinch white pepper

1 egg white

6 cloves garlic, roasted in a 360 degree oven until softened and lightly browned (about 20 minutes)

1 cup olive oil

In a blender, blend all ingredients except oil. While blender is running, add oil in a thin stream until emulsified. Serve roasted garlic vinaigrette immediately.

### **Cilantro, Caper and Lime Dressing (Phases 1-4)**

1 clove garlic, finely chopped

1 1/2 teaspoon whole grain mustard

2 limes, finely grated rind and juice

1 Tablespoon rice vinegar

1/4 cup olive oil

1 teaspoon capers

3 Tablespoons fresh cilantro, chopped

Freshly ground black pepper, to taste

Place the garlic, mustard, lime, rind, juice, and vinegar in a bowl and mix together. Slowly pour in the oil, whisking constantly, until well emulsified. Stir in the capers and cilantro. Season with black pepper, to taste.

-Makes about 1 cup.

### **Thai Dressing (Phases 1-4)**

1 clove garlic, finely chopped

1/2 teaspoon fresh ginger, finely sliced

3 Tablespoons rice vinegar

1 teaspoon Splenda or Stevia

1 teaspoon soy sauce

1/4 cup olive oil

1 teaspoon sesame seeds

1/4 teaspoon red pepper, crushed

Combine all ingredients and mix well.

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**Fresh Herb Dressing (Phases 1-4)**

- 1/4 cup rice vinegar
- 2 Tablespoons fresh basil leaves
- 1 Tablespoon fresh oregano leaves
- 1/2 teaspoon fresh rosemary leaves
- 1 small clove garlic
- 1/2 teaspoon Splenda or Stevia
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1/2 cup olive oil

In a blender add rice vinegar, fresh basil, oregano and rosemary leaves, garlic, Splenda or Stevia, salt, and pepper. Blend 10 to 15 seconds until all the herbs and garlic are finely minced. Gradually add the olive oil and continue blending for 10 to 15 seconds or until everything is mixed well.

-Makes about 2/3 cup-(Phases 1-4).

**Apple Cider Dressing (Phases 1-4)**

- 1 1/2 teaspoon Dijon mustard
- 1 1/2 teaspoon Splenda or Stevia
- 1/4 teaspoon salt
- 1/4 teaspoon fresh ground black pepper
- 1/3 cup apple cider vinegar
- 1 Tablespoon chopped parsley
- 2/3 cup canola or olive oil

Whisk mustard, Splenda, salt, pepper, vinegar, and chopped parsley together in a bowl. Slowly drizzle in the oil, whisking constantly, until thickened. Adjust the seasonings to taste. Store covered in the refrigerator for up to 2 days. Bring apple cider vinaigrette to room temperature before using.

**Raspberry Dash Salad Dressing (Phases 1-4)**

(Raspberry Flavored Gelatin)

- 1/2 teaspoon Ideal Protein Raspberry Flavored Gelatin
- 1/2 teaspoon of Mrs. Dash "Garlic and Herb" salt-free seasoning blend
- 1 Tablespoon of your favorite olive oil

Preparation:

Stir together the Ideal Protein Raspberry Flavored Gelatin and the "Garlic and Herb" Seasoning. Drizzle the olive oil over a salad and toss. Now toss and sprinkle in the combined Raspberry Dash dressing and enjoy!

Tip: keep a pre-mixed dressing shaker with you to take into restaurants. Variations: create a dipping sauce by mixing in (small amounts of) lemon juice and the olive oil ahead of time.

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### **Italian Dressing**

2 Tablespoons Italian Seasoning  
1/4 cup Extra Virgin Olive Oil  
1/2 cup White or Apple Cider Vinegar  
1/4 cup Water

Combine all ingredients in a bottle (something you can shake). This can be used on salads or on your meat before cooking. This will yield 6-8 cups of salad or a whole head of lettuce. I put lettuce in a bowl with fresh veggies, pour dressing on, lid the bowl, and shake it. This will coat the lettuce nicely and the rest will go to the bottom of the bowl so you aren't drowning the salad.

### **Lemon-chive Dressing (Phases 1-4)**

1/4 cup canola or olive oil  
2 Tablespoons chopped fresh chives or green onions  
1/2 teaspoon grated lemon rind  
2 Tablespoons lemon juice  
1 Tablespoon Dijon mustard  
1 small clove garlic, minced  
1/4 teaspoon each salt and pepper

In small bowl, whisk together oil, chives, lemon rind and juice, mustard, garlic, salt and pepper.

### **Coriander Dressing (Phases 1-4)**

1/4 cup canola or olive oil  
3 Tablespoons lime juice  
2 Tablespoons chopped fresh coriander  
1/2 teaspoon each ground cumin and salt  
1/4 teaspoon pepper

In small bowl, whisk together all ingredients.

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