

# Salads and Dressings



[Salad Dressings](#) (5/26/2016) - Salad dressings are generally based on oil, vinegar (or lemon) and sugar. Oil-free dressings are generally very high in sugar and sodium. They do little to enhance the nutritional value of salad. These dressings are whole-food based so much more nutrient-dense than store-bought dressing. The fat comes from seeds or nuts and the sweetness from [...]



[My Favorite Supper Salad](#) (7/28/2015) - Makes about 16 cups (4 l) My favorite meal is salad. Seriously. To me, a beautiful salad is a masterpiece of colour, texture and flavor. Of course, we are not talking iceberg lettuce with a few tomatoes and cucumbers sprinkle on top; we are talking about a full, satisfying meal. I make a giant [...]



[Quinoa Salad](#) (3/14/2015) - Quinoa (pronounced keen-wa) is a pseudograin. Grains are the edible seeds of grasses, while pseudograins are seeds that are used as grains but come from non-grass plants. Amaranth and buckwheat are also pseudograins. Pseudograins tend to be higher in protein and micronutrients than grass grains. Quinoa is often referred to as an ancient [...]