

Salad Dressings



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 dried fruit. Enjoy!

Golden Hemp Dressing

Makes about 3 cups of dressing.

One-quarter cup of Golden Hemp Dressing provides omega-3 fatty acids and is packed with riboflavin and other B vitamins, including vitamin B12. If you prefer, use yellow zucchini, complete with peel.

1/2 cup hemp seeds

1 cup water

2 cups zucchini, peeled and chopped

1/4 cup lemon juice

1/4 cup nutritional yeast flakes

3 Tbsp light miso

1 tsp Dijon mustard

1/2 tsp ground cumin or turmeric

1/2 tsp garlic, crushed (optional)

1 tbsp golden raisins (or other light-colored dried fruit such as pears or apples) (optional)

Place all of the ingredients in a blender, and process until smooth. Store in a sealed glass jar, in the refrigerator, for up to two weeks.

Variation

Green Goddess Dressing: Replace mustard and cumin with 1 cup of fresh herbs (basil, oregano, and parsley work very well), and double the amount of garlic to 1 tsp. Keep the skin on the zucchini.

Lemon Tahini Dressing

Makes 1-1/2 cups (375 ml)

Tahini is a delicious sesame seed butter used that became well known in the West with the introduction of Hummus. Tahini may be used to flavor sauces and soups, or to give creamy texture in a dressing like this one. Stir tahini before using as oil may separate. Try this dressing on salads, steamed broccoli, and baked potatoes.

1/2 cup (125 ml) tahini

1/2 cup (125 ml) water

1/4 cup (60 ml) lemon juice

1-2 Tbsp (30 ml) tamari or 1/4 tsp salt (or to taste)

2 cloves garlic, (optional) (not necessary to chop if going in a blender)

1 tsp (5 ml) cumin powder (optional)

Pinch cayenne pepper (optional)

Put the tahini, water, lemon juice, tamari, garlic, and cayenne in a blender and process for 30 seconds or until smooth. This dressing will keep, in a covered container and refrigerated, for up to 3 weeks.

Creamy Cashew Dressing

Makes about 2 1/2 cups of dressing.

1 cup cashews, rinsed

1 1/2 cups water

1/4 cup white wine vinegar (or other light-colored vinegar)

2 Tbsp light miso

2 cloves garlic

3-4 dates (optional)

1 tsp horseradish (optional)

1 tsp Dijon mustard (optional)

Fresh ground pepper to taste

Blend ingredients on high speed until smooth and creamy. Store in the refrigerator for up to 3 weeks.