

Healthy Salad Dressings

Below are some of my favorite healthy and easy homemade salad dressings. I usually like to make enough to use for a week, store in a jar and ready to enjoy!

Most Simple Lemon Juice Dressing

- Fresh lemon juice – ½ of a lemon

Squeeze on top of bed of lettuce.

Simple Vinegar and Oil Dressing

- 1 teaspoon apple cider vinegar
- 1 tablespoon extra-virgin olive oil (EVOO)
- Juice of ½ lemon

In a small bowl or glass jar, whisk together ingredients. Season lightly with salt and pepper

Simple Dijon Lemon Dressing

- 2 tablespoons dijon mustard
- 1-2 tablespoons extra virgin olive oil
- ½ lemon, juiced
- sea salt and black pepper, to taste
- rosemary or basil, chopped for garnish

In a small bowl or glass jar, whisk together ingredients. Season lightly with salt and pepper

Simple Lemon Garlic Dressing

- 1/3 cup fresh lemon juice
- 3 tablespoons olive oil
- 1 garlic clove, minced or grated
- Salt
- Freshly ground black pepper

In a small bowl, whisk together lemon juice, olive oil, and garlic. Season lightly with salt and pepper

Honey Balsamic Vinaigrette dressing

- 1/4 cup of extra virgin olive oil
- 1/8 cup local and wild honey
- 1/8 cup balsamic vinegar
- chopped basil to taste

In a small bowl or glass jar, whisk together ingredients. Season lightly with salt and pepper

Basic Yummy Salad Dressing

- 1/2 cup olive oil
- 1/4 cup apple cider vinegar
- 1/2 clove of garlic (minced)
- 1 tsp honey
- 1 tsp dijon mustard
- salt and pepper to taste

Mix together olive oil, apple cider vinegar, fresh minced garlic, honey, dijon mustard, salt and pepper in a bowl or shake it in a jar. It keeps well in the fridge for 1 week.



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Apple Curry Dressing

- ½ apple, seeded and diced
- 1 ½ Tbsp raw apple cider vinegar
- 2 tsp local wild honey
- 2 small cloves garlic
- 1 tsp curry or turmeric powder
- ¼ cup olive oil

Combine all ingredients in a blender and blend until smooth. Transfer to a glass jar with a tight-fitting lid and store in the fridge for about a week, shaking well before using.

Creamy Garlic Dressing

- 1/2 cup extra virgin olive oil
- 1/4 cup apple cider vinegar
- 3 to 5 cloves garlic, crushed
- 3 tbsp fresh lemon juice
- 2 tbsp chopped fresh parsley
- 1 tsp. himalayan salt
- 1/2 tsp Dijon mustard
- 1 tbsp wild local honey

Place all ingredients in blender and blend on medium high for 30 seconds or until well mixed. Store in airtight container in refrigerator. If dressing solidifies when cold, let sit at room temperature until liquid. Makes 8 to 10 servings at 2 TBS each

Avocado Cilantro Lime Dressing

- 1 avocado, ripe
- 1/2 cup cilantro, loosely packed leaves
- 1 tbsp honey
- 2 tbsp lime juice
- 1/4 tsp black pepper, ground
- 1/2 tsp salt
- 1 tbsp apple cider vinegar
- 1/4 cup olive oil, extra virgin
- 1/4 cup orange juice

Place all of the ingredients into a blender and blend until smooth

French Vinaigrette

- 4-6 cloves garlic, chopped
- 1 Tbsp dijon mustard
- 1 large handful parsley, washed, dried and roughly chopped
- ⅔ cup rice wine vinegar
- ⅓ cup extra virgin olive oil
- Salt and pepper to taste

Place all ingredients in a glass jar with a lid. Shake vigorously until ingredients are thoroughly mixed. Taste and adjust the seasonings to your personal preference. Store in the fridge for up to 2 weeks, shaking well before each use.

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