



## Homemade Salad Dressings

*In the following four (4) salad dressings, add all the ingredients to a jar with a lid, shake until emulsified, or add to a bowl and whisk until totally blended.*

### Citrus Vinaigrette

*3 Tbsps extra virgin olive oil  
1/2 tsp lemon zest  
1/2 tsp orange zest  
2 Tbsps fresh lemon juice  
1 tsp Dijon or whole grain mustard - plus more to taste  
1 tsp maple syrup  
1/8 tsp paprika - sweet or hot  
1/4 tsp sea salt - to taste  
freshly cracked black pepper, to taste*

### Honey Dijon Dressing

*2 Tbsps honey  
2 Tbsps dijon mustard  
2 Tbsps lemon or lime juice  
2 Tbsps olive oil  
salt to taste  
pepper to taste  
cayenne pepper (optional)*

### Apple Cider Vinaigrette

*1/4 cup extra virgin olive oil  
2 Tbsps apple cider vinegar  
2 Tbsps lemon juice*

### Balsamic Vinegar Salad Dressing

*1/4 cup balsamic vinegar  
1/4 cup extra virgin olive oil  
1 medium shallot - minced  
1 tsp Dijon mustard  
1 tsp fresh lemon juice  
1 pinch sea salt  
1 pinch black pepper*



## Homemade Salad Dressings *(continued)*

### Corn Milk Dressing

*3-4 stalks of corn on the cob for "milk"*

*1 Tbsp maple syrup*

*1/3 cup oil olive*

*1/2 cup vegan mayo*

*2 Tbsps white balsamic vinegar*

*Sea salt to taste*

*1 Tbsp lemon or lime juice*

*Freshly ground black pepper to taste*

Slice the corn kernels from the cob, set aside. Use a knife/spoon to scrape down the cob to release the "milk." Place 1/2 cup of the corn kernel "milk," olive oil, vinegar, lemon juice, maple syrup and mayo into a blender. Salt and pepper to taste. (*Refridgerate leftover dressing and use within a couple days.*)

*\*How to remove milk from corn: <https://youtu.be/qkVSDhRZXP0>*

### Vegan Caesar Salad Dressing

*4 cloves garlic - minced*

*1 Tbsp capers - drained*

*1/2 cup vegan mayonnaise*

*2 Tbsps lemon juice - fresh*

*1 tsp liquid aminos*

*1/2 cup vegan grated parmesan cheese*

*2 tsps nutritional yeast*

*1/4 tsps granulated onion*

*1/4 tsp black pepper - freshly ground*

Mince the cloves of garlic, finely chop or smash the capers with a fork. Add both to a small bowl and incorporate the rest of the salad dressing ingredients. granulated onion and pepper. Whisk thoroughly and set aside in the refrigerator until needed. (*The dressing is even better the next day.*)



## Homemade Salad Dressings *(continued)*

### **Creamy Vegan Lemon Garlic Salad Dressing**

*1 large garlic clove*

*1/3 cup fresh lemon juice*

*1½ Tbsps vegan mayonnaise*

*1½ Tbsps vegan parmesan cheese - grated*

*2 Tbsps olive oil*

*Salt and pepper to taste*

Finely grate, or mince, clove of garlic and place in a pint-size jar with a lid. Juice two large lemons to get about 1/3 cup of juice. Strain out any seeds and add to the jar. Add the remaining ingredients: mayonnaise, olive oil, parmesan cheese and salt/pepper to the jar. Screw cap on tightly and shake well until fully emulsified. Taste for additional seasoning.