



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.

