

Greek Yogurt Ranch Dressing

Ingredients:

- $\frac{3}{4}$ cup whole milk plain Greek yogurt
- 1 clove garlic, finely minced OR
1 tsp garlic powder
- $\frac{1}{4}$ cup fresh minced parsley OR
1 tsp dried parsley
- $\frac{1}{4}$ medium onion, diced (about 2 tbsp.) OR
2 tsp onion powder
- 2 tbsp. fresh minced chives OR
1 tbsp. dried chives
- 1 tsp salt
- $\frac{1}{4}$ tsp black pepper
- 2 tsp Dijon mustard
- Juice of $\frac{1}{2}$ lemon (about 2 tbsp.)
- $\frac{1}{4}$ cup- $\frac{1}{2}$ cup buttermilk

Instructions:

1. Combine all ingredients in a jar with a tight-fitting lid, shake until well combined.
2. Alternatively, you can combine all ingredients in a food processor or blender and pulse until well combined and smooth.
3. Refrigerate and let flavors blend for at least 30 minutes, preferably 2 hours, before serving.

Store in an airtight bottle or jar in the fridge for up to a week. If you're looking to make a thicker ranch dip, only use $\frac{1}{4}$ cup of buttermilk. For a thinner dressing to drizzle on salad, add more buttermilk.

Calories per serving (2 tbsp.): 31

Chile-Lime Salad Dressing

Ingredients:

- Zest and juice of 2 limes
(about 4 tbsp. juice and 3 tbsp. zest)
- $\frac{1}{4}$ cup red wine vinegar
- 1 tbsp. soy sauce
- 1 tbsp. honey
- $\frac{1}{3}$ cup extra virgin olive oil
- 1 clove garlic, finely minced OR
1 tsp garlic powder
- $\frac{1}{2}$ tsp red pepper flakes
- 1 tsp ground cumin
- $\frac{1}{2}$ tsp salt

Instructions:

1. Combine all ingredients in a jar with a tight-fitting lid, shake until well combined.
2. Refrigerate and let flavors blend for at least 30 minutes, preferably 2 hours, before serving.

If you use a low sodium soy sauce, be sure to check the flavor at every step to ensure the balance is correct. You can swap out the olive oil for any other mild-flavored plant-derived oil (such as argan or avocado).

Calories per serving (2 tbsp.): 96

Italian Salad Dressing

Ingredients:

- $\frac{2}{3}$ cup extra virgin olive oil
- $\frac{1}{4}$ cup red wine vinegar
- 3 tbsp. finely grated parmesan
- 1 tbsp. fresh minced parsley OR
1 tsp dried parsley
- $\frac{1}{4}$ medium onion, diced (about 2 tbsp.) OR
2 tsp onion powder
- Juice of $\frac{1}{2}$ lemon (about 2 tbsp.)
- 1 tbsp. fresh minced basil OR
2 tbsp. dried basil
- 1 tbsp. fresh minced oregano OR
2 tbsp. dried oregano
- 1 clove garlic, finely minced OR
1 tsp garlic powder
- 1 tsp honey
- 1 tsp salt
- $\frac{1}{4}$ tsp black pepper

Instructions:

1. Combine all ingredients in a jar with a tight-fitting lid, shake until well combined.
2. Alternatively, you can combine all ingredients in a food processor or blender and pulse until well combined and smooth.
3. Refrigerate and let flavors blend for at least 30 minutes, preferably 2 hours, before serving.

You can swap out the olive oil for any other mild-flavored plant-derived oil.

Calories per serving (2 tbsp.): 186

Sesame-Ginger Salad Dressing

Ingredients:

- $\frac{1}{3}$ cup extra virgin olive oil
- 2 tbsp. toasted sesame oil
- $\frac{1}{4}$ cup seasoned rice vinegar
- 1 clove garlic, finely minced OR
1 tsp garlic powder

- 2 tbsp. soy sauce
- 1 tbsp. honey
- 2 tbsp. peel and grated fresh ginger OR
2 tsp ground ginger

Instructions:

1. Combine all ingredients in a jar with a tight-fitting lid, shake until well combined.
2. Refrigerate and let flavors blend for at least 30 minutes, but preferably 2 hours, before serving.

Between the seasoned rice vinegar and the soy sauce, this dressing should have plenty of salt, so it is unnecessary to add extra. If you feel the need to season further, try apple cider vinegar and low-sodium soy sauce. As with previous recipes, you can swap out the olive oil for any other mild-flavored plant oil.

Calories per serving (2 tbsp.): 123

Balsamic Vinaigrette Salad Dressing

Ingredients:

- $\frac{1}{2}$ cup extra virgin olive oil
- $\frac{1}{3}$ cup balsamic vinegar
- 1 tsp Dijon mustard
- 1 clove garlic, finely minced OR
tsp garlic powder
- 1 tbsp. honey
- 1 tsp salt
- $\frac{1}{4}$ tsp black pepper

Instructions:

1. Combine all ingredients in a jar with a tight-fitting lid, shake until well combined.
2. Refrigerate and let flavors blend for at least 30 minutes, preferably 2 hours, before serving.

Add a pinch of cinnamon to make this dressing more suitable for salads with fruit. Examples of this could be on mango crayfish salad or Waldorf salad, but whatever you put it on it will provide a rich, distinctive kick.