

## OIL-FREE SALAD DRESSINGS

from *Plant-Based Pittsburgh EAST meeting on 8/28/19*

Sally Lipsky made **Creamy Lemon/Dill Dressing**

- ✓ 1 c. cashews, soaking in 1 c. water
- ✓ 1 15-oz. can cannellini beans, rinsed/drained
- ✓ 1 tsp. tahini
- ✓ 1 tsp. miso
- ✓ 2 tsp. minced garlic
- ✓ ¼ tsp. turmeric
- ✓ 1 ½" slice lemon, peel included
- ✓ Black pepper to taste
- ✓ Fresh chives & dill

Mix all—except herbs—in blender until smooth; add more water as needed. Stir in chopped chives and dill (or another fresh or dried herb).

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Brittany Jaroudi made **Garlic Caesar Dressing** from The How Not to Die Cookbook

- ✓ 2 cloves garlic crushed
- ✓ 2 tablespoons nutritional yeast
- ✓ 1 tablespoon almond butter
- ✓ 1 tablespoon blended peeled lemon
- ✓ 1 tablespoon white miso paste
- ✓ 1 tablespoon minced fresh parsley
- ✓ 1 teaspoon salt-free stone-ground mustard
- ✓ ¼ inch grated turmeric or ¼ tsp ground
- ✓ 1 teaspoon Savory Spice Blend

In a blender, combine ½ cup of water with all ingredients; blend until smooth. Taste; adjust seasoning to your liking.

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Nedra Hazlett made **Lemon Poppy Seed Vinaigrette** from OrdinaryVegan.net

- ✓ ½ cup fresh lemon juice
- ✓ 1 clove garlic, chopped
- ✓ ½-inch knob of ginger, peeled and chopped
- ✓ 1½ tablespoons maple syrup
- ✓ 1 tablespoon Dijon mustard
- ✓ ¼ teaspoon salt (or more to taste)
- ✓ Fresh ground black pepper
- ✓ 6 tablespoons water (more if needed)
- ✓ 1 tablespoon poppy seeds

Add all ingredients except for the poppy seeds into a food processor or blender. Process until smooth. Taste - adjust seasonings, adding more water if too tart. Add poppy seeds.

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Susan Greenberg made **Spring Vegetable Salad** by Chef Del Sroufe

### Dressing:

- ✓ ½ cup fresh lemon juice
- ✓ ½ cup unsweetened applesauce
- ✓ 2 cloves garlic
- ✓ 1-inch knob of ginger, peeled
- ✓ 2 ½ tablespoons raw honey or agave nectar
- ✓ 2 tablespoons Stone Ground mustard

Put ingredients in blender; process until smooth. In bowl, toss dressing with these salad ingredients:

### Salad:

- ✓ 10 oz baby Kale
  - ✓ 10 oz baby Spinach
  - ✓ 2 cups sugar snap peas
  - ✓ 3 green onions, chopped
  - ✓ 1 cup sliced baby carrots
  - ✓ 4 tablespoons chopped chives, chopped
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Brittany Jaroudi recommended **Thai Vinaigrette** from [forksmealplanner.com](http://forksmealplanner.com)

- ✓ 3 tablespoons fresh lime juice
- ✓ 1 tablespoon pure maple syrup
- ✓ 2 teaspoons green curry paste
- ✓ 1 ½ teaspoons mustard powder
- ✓ 3 tablespoons water
- ✓ sea salt
- ✓ freshly ground black pepper

Combine first 5 ingredients in small bowl. Season with salt and pepper to taste.

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Linda Jones has two **Strawberry Dressing** recipes – for both, combine ingredients in blender and refrigerate.

### Version #1

- ✓ Fresh strawberries (or frozen/thawed)
- ✓ Few pitted dates
- ✓ Splash balsamic vinegar
- ✓ Sesame seeds (optional)
- ✓ 2 tablespoons water

### Version #2

- ✓ 1 cup strawberries
- ✓ 3 tablespoons white wine vinegar
- ✓ 1 teaspoon Dijon mustard