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Salad Dressing Options

Balsamic Vinaigrette

Makes about 1 cup

$\frac{3}{4}$ cup extra-virgin olive oil

$\frac{1}{4}$ cup balsamic vinegar

Salt to taste

Fresh-ground pepper to taste

Optional extras: spoonful of mustard, minced shallots, minced garlic, minced fresh herbs, teaspoon dried herbs

Combine the olive oil and balsamic in a jar or other container with a good-sealing lid. Add a pinch of salt and a few grinds of black pepper. Screw on the lid and shake vigorously. Dip a piece of lettuce into the vinaigrette and taste. Adjust the salt, pepper, or the proportion of oil and vinegar to taste.

This vinaigrette will keep on the counter for several weeks (refrigerate if you added any fresh ingredients). The oil and vinegar will separate a few minutes after shaking — shake to recombine before dressing your salad.

Recipe Notes:

To make more or less vinaigrette: stick to a rough ratio of 3 parts oil to 1 part vinegar, and scale up or down accordingly. Smaller amounts are easily whisked together in a small bowl and poured immediately over the salad.

Easy Ranch Dressing

Makes about 1 cup

$\frac{3}{4}$ cup plain full fat or Greek yogurt
1 tsp (or more to taste) of dried dill weed
Sprinkle of salt and pepper to taste
1 small clove of garlic, chopped
6 TBSP olive oil
2 TBSP grated parmesan cheese

Put yogurt, garlic, and spices in a blender or food processor and blend until smooth. Very slowly, add the oil so that it emulsifies. Use immediately, or store up to 1 week in the fridge.

Recipe Notes: For variations, you can use...

- Use 2 tsp. of fresh herbs like dill, mint, or basil for alternate flavors.
- Use avocado instead of yogurt if you don't tolerate dairy.
- Use salt-free Italian Seasoning blend instead of dill and double the parmesan for a Caesar like dressing

Tex-Mex Dressing

Makes about 1 cup

$\frac{3}{4}$ cup plain full fat yogurt
 $\frac{1}{4}$ cup of your favorite salsa

Place ingredients in a bowl and blend together. Add more salsa to taste. Use immediately, or store up to 1 week in the fridge.

Recipe Notes:

You can use Greek or regular yogurt. Greek will just be a little bit thicker.