

## Balsamic Vinaigrette

Makes about 1 cup

### INGREDIENTS

- $\frac{3}{4}$  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

### DIRECTIONS

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

### INGREDIENTS

- $\frac{3}{4}$  cup low-fat or non-fat plain 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

### DIRECTIONS

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

## Tex-Mex Dressing

Makes about 1 cup

### INGREDIENTS

- ¾ cup plain low-fat or non-fat yogurt
- ¼ cup of your favorite salsa

### DIRECTIONS

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: For a thicker dressing or dip, use Greek yogurt.

## Strawberry Citrus Vinaigrette Dressing

Makes about 1 cup

### INGREDIENTS

- 5 large ripe strawberries, stems and leaves removed (fresh or frozen)
- ¼ cup orange juice
- ¼ cup white wine vinegar or apple cider vinegar
- ½ cup extra virgin olive oil
- salt and pepper to taste

### DIRECTIONS

Put strawberries, orange juice, and vinegar in a blender or food processor and blend until smooth. Transfer this mixture to a bowl or jar, add olive oil, and then whisk or shake until well blended.

Cover and place in refrigerator to marinate for 2 hours minimum. Use immediately, or store up to 1 week in the fridge.

Recipe notes: feel free to add more or less orange juice according to taste.