

Easy Homemade Salad Dressings

Salad Dressings are a snap if you have a food processor. Here are a few that will make you happy.
Preparation time: 5-10 minutes

Honey Mustard Dressing

Ingredients:

3 T. olive oil
1-1/2 T. rice wine vinegar
2 tsp. honey
2 tsp. prepared mustard
1 clove garlic (peeled)
2 T. onion (chopped)
1/3 C. low-sodium vegetable broth

Instructions:

Blend all ingredients in a food processor until creamy.

Basil Vinaigrette Dressing

Ingredients:

12 basil leaves (washed and patted dry)
1 tsp. garlic (smashed and chopped)
2 T. yellow onion (coarsely chopped)
1 tsp. Dijon mustard
1 tsp. soy sauce
2 T. balsamic vinegar
4 T. olive oil
1/3 C. low-sodium vegetable broth

Instructions:

Blend all ingredients in a food processor until creamy.

Eggless Caesar Dressing

Ingredients:

2 T. olive oil
2 T. Veganaise
2 T. shredded Parmesan cheese
2 T. lemon juice
1 tsp. Dijon mustard
1 clove garlic (smashed and chopped)
¼ C. low-sodium vegetable broth
Salt and pepper to taste
1 tsp. Worcestershire sauce

Instructions:

Blend all ingredients in a food processor until creamy.

Creamy Basil Dressing

Ingredients:

15-20 fresh basil leaves (washed and dried)
1 large peeled, garlic clove (peeled)
3 T. sweet onion (finely chopped)
1 T. extra-virgin olive oil
2 T. rice wine vinegar
1 tsp. prepared mustard
½ tsp. salt
¼ tsp. fresh-ground black pepper
¾ C. plain, nonfat yogurt

Instructions:

Blend all ingredients in a food processor until creamy.

Creamy Dill Dressing

Ingredients:

1 peeled garlic clove
2 sprigs fresh dill weed (*about 3" long*)
1 T. onion (coarsely chopped)
pinch of salt
2 T. rice wine vinegar
3 T. olive oil
3/4 C. nonfat yogurt

Instructions:

Blend all ingredients in a food processor until creamy.

Cilantro/Lime Dressing

Ingredients:

2 tsp. creamy peanut butter
1/3 C. washed Cilantro leaves and stems
1/2 tsp. Asian garlic pepper sauce
1 T. fresh lime juice
1/2 clove garlic (peeled)
1/4 C. extra-virgin olive oil
1 tsp. sesame oil
1 tsp. low-sodium soy sauce
1/3 C. low-sodium vegetable broth

Instructions:

Blend all ingredients in a food processor until creamy.

Asian Dressing

Ingredients:

1/4 C. washed basil or cilantro leaves
1 tsp. sesame oil
1 garlic clove (peeled)
2 T. yellow onion (finely-chopped)

1/2 tsp. prepared mustard
1 tsp. soy sauce or tamari
2 T. rice wine vinegar
1/2 tsp. honey
1/4 tsp. grated fresh ginger
1/2 tsp. Asian pepper sauce
1/3 C. vegetable broth

Instructions:

Blend all ingredients in a food processor until creamy.