



cathybiase  
Nutrition Consulting • Cancer Coaching

Healthy Salad Dressings

---

Cathy Biase

<http://www.cathybiase.com>

## Healthy Salad Dressings

Cathy Biase Nutrition Consulting & Cancer

Coaching

[info@cathybiase.com](mailto:info@cathybiase.com)

---

Enjoy these yummy recipes!

### Fruits

- ☐ 1/2 Lemon
- ☐ 1/3 cup Lemon Juice
- ☐ 2/3 Lime
- ☐ 1 tbsp Lime Juice

### Breakfast

- ☐ 3 1/8 tbsps Maple Syrup

### Seeds, Nuts & Spices

- ☐ 2 tsps Black Pepper
- ☐ 1/2 cup Cashews
- ☐ 1 tsp Dried Mustard Powder
- ☐ 1/2 tsp Garlic Powder
- ☐ 1/2 tsp Onion Powder
- ☐ 1 1/2 tsps Oregano
- ☐ 1 tsp Sea Salt
- ☐ 2 Sea Salt & Black Pepper

### Vegetables

- ☐ 2 tbsps Chives
- ☐ 1/2 cup Cilantro
- ☐ 1 head Garlic
- ☐ 3 Garlic
- ☐ 1/3 tsp Ginger
- ☐ 1 stalk Green Onion
- ☐ 2 tbsps Parsley

### Baking

- ☐ 1 1/2 tsps Nutritional Yeast
- ☐ 1/2 tsp Raw Honey

### Bread, Fish, Meat & Cheese

- ☐ 6 Anchovy Fillets
- ☐ 1 cup Parmigiano Reggiano

### Condiments & Oils

- ☐ 3/4 cup Apple Cider Vinegar
- ☐ 1 tsp Dijon Mustard
- ☐ 1 3/4 cups Extra Virgin Olive Oil
- ☐ 1/2 cup Tahini
- ☐ 2 tsps Tamari
- ☐ 2 tsps Worcestershire Sauce

### Cold

- ☐ 1/3 cup Plain Greek Yogurt

### Other

- ☐ 2/3 cup Water



## Vegan Ranch Dressing

4 servings

10 minutes

### Ingredients

1/2 cup Cashews (raw)  
1/4 cup Water  
1 1/2 tsps Nutritional Yeast  
1/3 tsp Sea Salt  
1 1/2 tsps Apple Cider Vinegar  
1 1/2 tbsps Tahini  
1/2 tsp Garlic Powder  
1/2 tsp Onion Powder  
2 tbsps Parsley (finely chopped)  
2 tbsps Chives (finely chopped)

### Directions

- 1 In a high-powered blender, combine everything except the parsley and chives. Blend until smooth and creamy and transfer into a jar.
- 2 Stir in the parsley and chives until well distributed. Cover and store in the fridge until ready to use. Enjoy!

### Notes

**Serving Size,** One serving is equal to approximately two tablespoons of dressing.  
**Serve it With,** Veggie sticks for dipping or on any of our burgers or salads.  
**Leftovers,** Keeps well in the fridge up to 4 to 5 days.



## Maple Tahini Dressing

4 servings

5 minutes

### Ingredients

1/4 cup Tahini  
2 tbsps Maple Syrup  
1 1/2 tbsps Lemon Juice  
2 tbsps Water (warm)  
1/4 tsp Sea Salt

### Directions

1

Whisk all ingredients together in a mixing bowl. Season with additional salt if needed. Transfer to an airtight jar or container and refrigerate until ready to use.

### Notes

**Leftovers,** Refrigerate in an airtight container for up to seven days.

**Serving Size,** One serving is equal to approximately two tablespoons.

**Too Thick,** If the dressing is too thick, add water one tablespoon at a time until your desired consistency is reached.





## Creamy Cilantro Dressing

4 servings

5 minutes

### Ingredients

- 1/3 cup Plain Greek Yogurt
- 1/2 cup Cilantro (roughly chopped)
- 1 stalk Green Onion (roughly chopped)
- 1 Garlic (clove, minced)
- 1 tbsp Lime Juice
- 1 1/2 tsps Maple Syrup
- 1/4 tsp Sea Salt
- 1 tbsp Water (optional)

### Directions

- 1 Add yogurt, cilantro, green onion, garlic, lime juice, maple syrup and sea salt to the bowl of a food processor. Blend until smooth. Add water to thin the consistency of the dressing if necessary.
- 2 Season with additional salt or lime juice if needed. Transfer to an airtight jar or container and refrigerate until ready to use.

### Notes

**Leftovers,** Refrigerate in an airtight container for up to five days.

**Serving Size,** One serving is approximately two tablespoons of dressing.

**More Flavor,** Add roughly chopped jalapeno pepper for a spicy dressing.

**Make it Vegan,** Use coconut or cashew based yogurt instead of Greek yogurt.



## Ginger Lime Tahini Dressing

4 servings

5 minutes

### Ingredients

2/3 Lime (juiced)  
2 tbsps Tahini  
2 2/3 tbsps Water  
2 tsps Extra Virgin Olive Oil  
1/3 tsp Ginger (peeled and grated)  
2 tsps Tamari  
2 tsps Maple Syrup

### Directions

1

Combine all ingredients in a jar, close the lid tightly and shake vigorously until well combined. Refrigerate until ready to use.

### Notes

Serve it With, Salad, summer rolls, zucchini noodles or fish (as a marinade).

Storage, Refrigerate in an airtight jar up to one week.

Serving Size, One serving is equal to approximately two tablespoons of dressing.



## Apple Cider Vinaigrette

4 servings

10 minutes

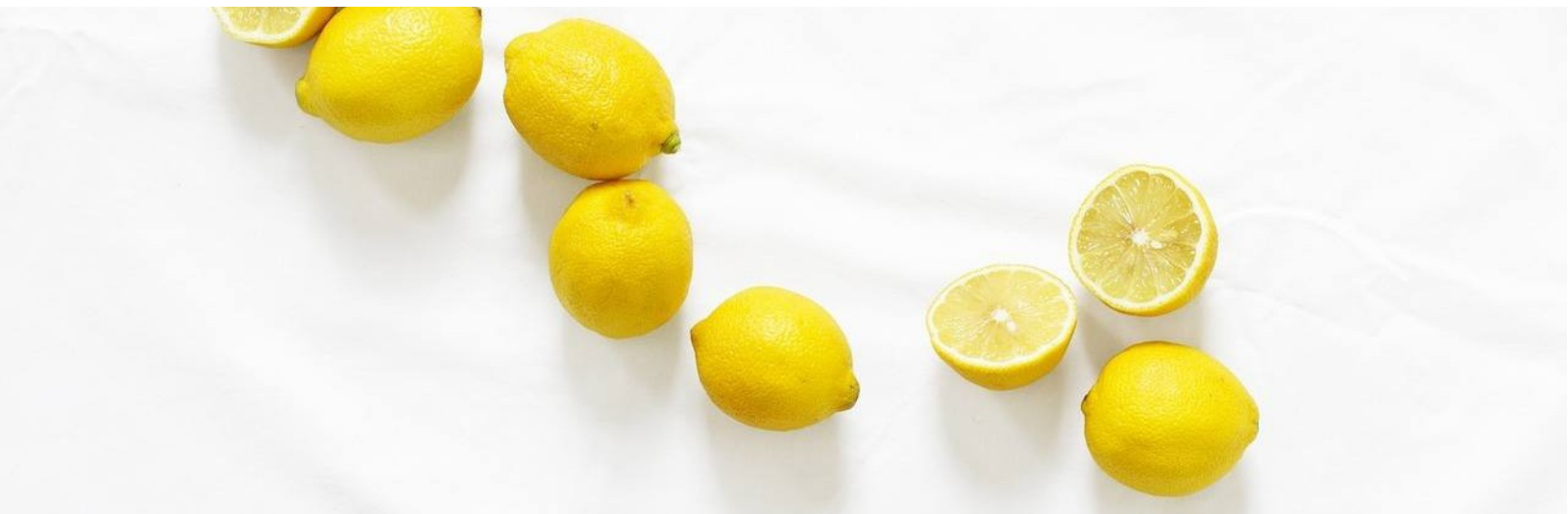
### Ingredients

1/2 cup Extra Virgin Olive Oil  
1/4 cup Apple Cider Vinegar  
1 Garlic (Clove, Minced)  
1 tsp Oregano  
1 tsp Dijon Mustard (Grainy Dijon is a good option)  
1/4 tsp Raw Honey  
1 Sea Salt & Black Pepper (To taste. Suggest starting with 1/4 tsp.)

### Directions

- 1 Place all ingredients in small bowl or small mason jar.  
;
- 2 Whisk or shake until emulsified.  
;
- 3 Store in refrigerator. Lasts about 5 days.





## Lemon Vinaigrette

4 servings

10 minutes

### Ingredients

1/4 cup Extra Virgin Olive Oil  
1/4 cup Lemon Juice (This is about 2 fresh lemons)  
1 Garlic (clove, minced)  
1/4 tsp Raw Honey  
1/2 tsp Oregano  
1 Sea Salt & Black Pepper (Add to taste)

### Directions

- 1 Combine all ingredients in small bowl or mason jar.  
;
- 2 Whisk or shake until emulsified.  
;
- 3 Store covered in refrigerator for up to 5 days.



## Caesar Salad Dressing

6 servings

15 minutes

### Ingredients

- 1 cup Extra Virgin Olive Oil
- 1/2 cup Apple Cider Vinegar
- 1 tsp Dried Mustard Powder
- 6 Anchovy Fillets (Mashed)
- 2 tsps Worcestershire Sauce
- 2 tsps Black Pepper
- 1 head Garlic (Crushed)
- 1 cup Parmigiano Reggiano
- 1/2 Lemon (Juiced)

### Directions

- 1 Dressing: Combine all ingredients in mason jar.
- 2 Shake well.
- 3 Store extra in refrigerator for up to 5 days.