

Huband Salad Bar Salad Dressing Recipes

Ranch Dressing (makes 1 squeeze bottle)

1 cup full fat yogurt
2/3 c buttermilk
½ cup mayonnaise
2 tsp lemon juice
2 tsp mustard
1 tsp onion pwd
1 tsp dried dill
1 tsp pepper
1 tsp dried parsley
½ tsp garlic pwd
¼ - ½ tsp salt
2 Tbsp fresh chives (or 2 tsp dried)

Sunshine Dressing (makes 1 squeeze bottle)

½ c nutritional yeast
1/3 c water
1/3 c soya sauce or tamari
1/3 cup apple cider vinegar
2 cloves garlic, pressed
1 Tbsp tahini
1 c olive oil

Balsamic Dressing

2 cups olive oil
1 cup balsamic vinegar
½ cup raspberry vinegar
4-6 cloves garlic pressed (less for kids)
1 Tbsp mustard
½ jam (raspberry or other)

3 Berry Vinaigrette (to be perfected?)

1 cup frozen fruit
1 cup olive oil
½ cup water
¼ cup (or bit more) vinegar
2 tsp lemon juice
1-2 Tbsp honey
½ tsp salt
½ tsp pepper
1 tsp cinnamon

Tzaziki (Double this recipe for 50+ eaters)

1c full fat yogurt (or 1/2 sour cream)
1 tbsp lemon juice
1/3c cucumber grated, salted and squeezed
½ tsp salt
2 cloves garlic, minced/pressed
1 tsp oregano
1 tsp dill

Grate cucumber into a bowl and toss with ½ tsp salt. Let sit for a few minutes then squeeze out as much liquid as possible. Combine “dry” cucumber with all other ingredients and let sit ½ hr before serving.

Cilantro Lime Vinaigrette

1/2 c packed cilantro
½ c olive oil
¼ c fresh squeezed lime juice
¼ c orange juice
1/3 c honey
½ tsp salt
½ tsp pepper
Pinch of minced garlic

Puree all ingredients in food processor. Do 2-3x recipe for 1 squeeze bottle.

Asian Style Dressing (makes one squeeze bottle)

1 c soya sauce
1 ½ c rice vinegar
1/3 c brown sugar
35 ml fresh lime juice (approx. 7 limes)
3 Tbsp cilantro (small ¼ cup or approx. ½ bunch)
½ thumb ginger peeled and grated
3 Tbsp sesame oil
2 small cloves garlic minced