

Basil Vinaigrette

from: <http://allrecipes.com/recipe/basil-vinaigrette-dressing/>

Ingredients:

- 1 cup olive oil
- 1/3 cup apple cider vinegar
- 1/4 cup honey
- 3 tablespoons chopped fresh basil
- 2 cloves garlic, minced

Directions: In a bowl, whisk together the olive oil, apple cider vinegar, honey, basil, and garlic. Pour over or toss with your favorite salad to serve.

Serve With: Bitter greens like arugula, dandelion greens, baby kale or baby chard.



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Kathy McNeely, MS
Nutrition Educator & Health Coach
6525 Belcrest Road, Suite 414
Hyattsville, MD 20782
301-877-9020

www.heartynutrition.com
kathy@kathymcneely.com

Hearty Nutrition

Salad Dressing Recipes



Lemon-Mustard Vinaigrette

Ingredients:

- 2 tablespoons freshly squeezed lemon juice
- 1/2 teaspoon prepared Dijon mustard (e.g. Grey Poupon)
- 1/4 teaspoon sea salt
- 1/2 teaspoon grade B maple syrup
- 4 tablespoons delicious extra-virgin olive oil

Directions:

Combine all ingredients in a small jar with a tight fitting lid. Shake vigorously for 30 seconds until emulsified.

Serve with: Baby spinach, strawberries and feta cheese.

From: <http://herbivoracious.com/2009/05/lemon-mustard-vinaigrette-the-simplest-and-best-salad-dressing-recipe.html>

Grated Carrot Salad with Lemon Dressing

Salad Ingredients:

- 1/2 lb carrots, peeled and julienned
- 1/4 cup minced parsley

Dressing Ingredients:

- Juice of 1 lemon (should be about 2 to 3 tbsp)
- 1 tsp lemon zest
- 1 tsp maple syrup
- pinch of salt
- pinch of freshly ground black pepper
- 1 medium garlic clove, minced
- 6 tbsp (1/3 cup plus a little) Extra Virgin Olive Oil

Directions:

1 – Make the dressing: Combine the dressing ingredients in a medium bowl, and whisk until combined.

2 – Make the salad: Add the carrots and parsley to the bowl, and toss until evenly coated with dressing.

from: <http://www.thekitchn.com/cool-recipe-grated-carrot-sala-93766>

Fresh Greens



Fresh Dressings