

Recipes to Reduce the Plastic in Your Lives

Salad Dressings

Catalina Dressing

Ingredients

- $\frac{2}{3}$ cup ketchup
- $\frac{1}{4}$ cup sugar
- 2 Tbs lemon juice
- 2 Tbs red wine vinegar
- $4\frac{1}{2}$ tsp Worcestershire sauce
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tsp ground mustard
- $\frac{1}{8}$ tsp paprika
- dash ground turmeric
- dash cayenne pepper
- salt and pepper to taste
- $\frac{1}{2}$ cup canola oil



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Procedure:

1. Combine everything EXCEPT the oil in a blender and blend until combined.
2. With the blender on, drizzle in the oil until fully blended; makes 13-14 fluid ounces

Spiced Balsamic Vinaigrette

Ingredients:

- 2 Tbs balsamic vinegar
- $\frac{1}{2}$ tsp Dijon mustard
- 1 shallot, minced
- 2 cloves garlic, pressed
- $\frac{1}{4}$ tsp ground cumin
- $\frac{1}{4}$ tsp crushed red pepper flakes
- $\frac{1}{3}$ cup olive oil
- salt & pepper to taste

Procedure:

1. Whisk vinegar and mustard together.
2. Add shallot, garlic, cumin, and pepper flakes; whisk to combine.
3. Drizzle in olive oil, whisking constantly until fully combined.
4. Season with salt and pepper; makes $\frac{1}{2}$ cup

Lemon Caesar Salad Dressing

Ingredients:

- 1 tsp. grated lemon zest
- 3 Tbs fresh lemon juice
- 2 cloves garlic, minced
- 1 tsp white wine vinegar
- $\frac{2}{3}$ cup olive oil
- 1 tsp coarsely ground pepper
- $\frac{1}{2}$ tsp salt

Procedure:

1. Whisk together well: lemon zest, juice, garlic, and vinegar.
2. Drizzle in olive oil, whisking constantly until smooth.
3. Season with the salt and pepper; makes 1 cup.

Poppy Seed Dressing

Ingredients:

- ¼ cup red wine vinegar
- ¼ cup oil (canola or light olive)
- 2 Tbs sugar (more if you want it sweet)
- 1 tsp dried mustard
- 1 tsp poppy seeds
- salt & pepper to taste

Procedure:

Whisk together until smooth (or use a blender); makes ½ cup.

Sesame Honey Vinaigrette

Especially nice on spinach salad!

Ingredients:

- 4 Tbs seasoned rice vinegar
- 1 tsp soy sauce
- 1 tsp Dijon mustard
- ½ tsp sesame oil
- 2 tsp honey
- ½ tsp dry mustard
- ¾ tsp ground pepper
- ½ cup olive oil

Procedure:

Mix ingredients together; makes 1 cup

Sesame Vinaigrette

Ingredients

- 3 tablespoons sesame seeds
- ½ cup olive oil
- 1 clove garlic, minced
- ¼ tsp salt
- 2 tablespoons lemon juice
- 1 tablespoon red wine vinegar
- ½ tsp basil
- ½ tsp sugar

Procedure:

1. Coarsely grind sesame seeds (blender or spice grinder)
2. Over low heat, sauté sesame seeds in oil.
3. Transfer to a small bowl, whisk in remaining ingredients.

Honey Mustard Dressing

Ingredients

- ¼ cup Dijon mustard
- 3-4 Tbs honey, to taste
- ¼ cup apple cider vinegar
- ¼ cup olive oil
- 1Tbs fresh lemon juice (optional)
- ¾ tsp sea salt
- ¼ tsp pepper

Procedure:

1. Whisk until blended, adjust ingredients to taste
2. Add a little yogurt to make creamier; makes about 1 cup.

Creamy Vinaigrette

Ingredients

- 1 to 2 garlic cloves, finely minced
- $\frac{1}{3}$ cup olive oil
- 1 to 2 tablespoons red wine vinegar
- $\frac{1}{4}$ tsp salt
- 3 tablespoons yogurt
- 1 tablespoon mayo
- $\frac{1}{2}$ tsp basil
- $\frac{1}{4}$ tsp dill
- $\frac{1}{4}$ tsp thyme

Procedure:

1. Whisk all together in a small bowl.
2. Adjust ingredients to taste.

Caesar Dressing

Ingredients

- $\frac{1}{4}$ c (2 oz) lemon juice
- $\frac{1}{4}$ tsp black pepper
- 1 tsp Dijon mustard
- 1 to 2 tsp sugar
- 2 pressed garlic cloves
- 1 cup+ (8-9 oz.) vegetable oil or olive oil

Procedure:

Whisk ingredients together in a small bowl

Italian Dressing

Ingredients

- $\frac{1}{2}$ cup (4 oz) white wine vinegar or balsamic vinegar
- $\frac{1}{3}$ tsp salt
- $\frac{1}{4}$ tsp onion powder
- $\frac{1}{4}$ tsp dried basil
- $\frac{1}{2}$ tsp dried oregano
- 2 pressed garlic cloves
- 1 Tbs sugar
- $\frac{3}{4}$ to 1 cup vegetable oil or olive oil

Procedure:

Whisk ingredients together in a small bowl