Guidelines for Creating Your Own Salad Dressing

The recipes are for several servings. Refrigerate unused portion. Always remember dressing is forgiving, if it tastes odd kick it up a notch with that favorite spice, Mangia!

VINEGAR BASE:
Start with about ¼ c of Vinegar. On Phase I, you can have Apple Cider Vinegar or White Vinegar.

HERBS or SPICES:
This is where you can have fun! If you want to use herbs, fresh ones are the best. Dried herbs are great. Mrs. Dash has a wonderful selection of many different spices to cure that lingering taste. Add a minimum of one teaspoon of herbs and spices to mixture. All spices and herbs are allowed. Enjoy!

SWEETNER:
This is entirely optional. It just adds another dimension to the dressing. Stevia is the sweetner of choice on Phase I.

MUSTARD, GARLIC, LEMON JUICE:
This again is optional, but a nice touch. Hot mustard can give your dressing a kick. Dry mustard has a great flavor.

WATER:
This will tone down the dressing a bit if you like to put a lot of dressing on your salad. Dressings with lots of spice are very flavor saturated so it goes a long way. Add about ¼ c of water if you want to use it.

Remember on Phase I you must have 1 to 2 tspns of olive oil each day. You can drizzle that first and then put your dressing on to make it last a bit longer. Your daily sea salt will also give a nice finishing touch.
DRESSINGS:

Sweet & Sour Dressing
Equal parts of olive oil, cider vinegar, Walden Farms Ketchup. Mix all ingredients together. Add Stevia to sweeten taste.

Isis’s Amazing Oil & Vinegar
1/2 cup extra virgin olive oil
1/3 cup of white vinegar
2 tsp. of chopped basil, oregano and parsley fresh or dried
1/8 tsp pepper

Take whole head of garlic chop off top sprinkle with olive oil put into foil bake @ 400 for 30min. Take 3-5 cloves of roasted garlic and mush into dressing, shake very well and chill, must keep refrigerated, last up to 2 weeks.

Save extra roasted garlic to spread on steaks, chicken even steam with your vegetables!!!

Vicki’s Vinegar Dijon dressing:
4 Cloves of garlic minced (or more)
3 Tbsp Cider or White Vinegar
1-2 Tbsp of Dijon Mustard
1 tsp of salt
1/2 tsp ground pepper

Mix or shakes together, enjoy!!
Super Tomato Vinaigrette:

1/2 C. chopped, peeled tomatoes unpeeled
2 Tbls white Vinegar
1/2 tsp dried basil or (1 1/2 tsp. fresh)
1/2 tsp dried thyme or (1 1/2 tsp. fresh)
1/2 tsp Dijon mustard.

Rockin' Red Pepper Vinaigrette:

(Mix in a Blender)
1/4 cup Olive oil
1/4 cup cider vinegar
2 T. white onion
1-2 cloves garlic pressed
Pinches of rosemary and thyme
1/2 tsp. dried whole oregano
1/2 tsp. dry mustard powder
1/2 tsp. paprika
1/2 of a roasted red pepper (roast yourself or from a jar)

Blend thoroughly, salt to taste, chill overnight.
Bloody Mary Tomato Salad

Dressing:

2 tblspn  prepared Horseradish
2 tblspn  Olive Oil
2 tblspn  Vodka (optional)
1 tblspn  Lemon Juice
1 ½ tspn  Hot Pepper Sauce (Tabasco)
1 tspn    Worcestershire Sauce
Salt & Pepper to taste

Salad:

3 pints   Grape or Cherry Tomatoes – cut in half
4 stalks  Celery cut into ¼” diagonal slices
          Celery leaves for garnish

In a small bowl whisk dressing ingredients until well blended. In a large bowl combine tomatoes and celery. Mix dressing and tomato/celery mixtures. Chill 2 hours. Toss before serving, garnish with celery leaves.