



Salad Dressings Handout



Paleo & Gluten Free
Meal Plans

I love getting subscriber feedback. It often challenges me to create the next Prep Dish product. So thank you!

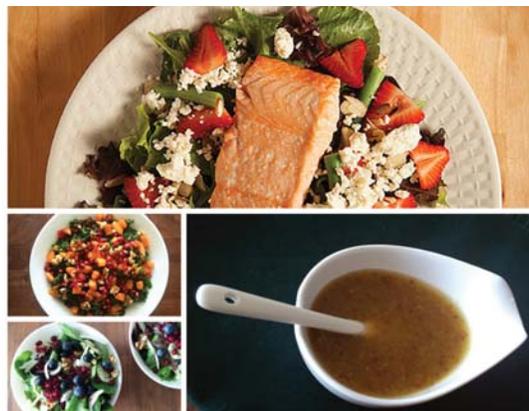
This April bonus is a result of subscriber feedback for salad dressing suggestions that are different from what's on the meal plans. I get it - variety is the spice of life!

I know some of you are looking for dressings without vinegar. Vinaigrettes, by nature, need some sort of acid for that "zing." The two sources I rely on for acid are vinegars and citrus. If you want to sub out vinegar, I'd suggest using fresh lemon or lime juice instead.

I could not have pulled this together without the help of Chef Karen Reimann, who helps me with the Personal Chef side of Prep Dish. Many of these dressings are tried and true ones that she uses with our clients.

Karen also provided delicious serving suggestions with each recipe. However, please feel free to use these dressings on whatever type of salads or greens your family likes best. Don't be afraid to get creative and do some experimenting!

Enjoy!
Allison



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DRESSING 1

STRAWBERRY LEMON POPPY SEED

This dressing just screams spring and summer! Bright, refreshing flavors will liven up any salad. Use this dressing with Bibb lettuce for a delicate salad. Or pair it with frisee, chicory or other bitter greens for something with more depth. Crumbled blue cheese makes an excellent garnish as well.

Yield: ~1c

Lasts ~1-2 weeks in closed container in the fridge.

Ingredients:

1/2c strawberries (greens removed)
1/4c lemon juice
1T honey
1/2c olive oil
1 1/2T poppy seeds
sea salt, to taste
white pepper, to taste (OR sub black pepper)

Instructions:

- 1.) In a blender add:
 - 1/2c strawberries
 - 1/4c lemon juice and honey.
- 2.) Blend until all ingredients are liquefied.
- 3.) Slowly drizzle in 1/2c olive oil while blender continues to run.
- 4.) Turn blender to low speed and mix in 1 1/2T poppy seeds.
- 5.) Season to taste w/ salt & white pepper.



DRESSING 2

POMEGRANATE VINAIGRETTE

I love drizzling this vinaigrette over mixed green salads or tossing with roasted butternut squash and beets. It also stands up nicely to arugula or other peppery/spicy greens.

Yield: ~1c

Lasts ~2 weeks in closed container in the fridge.

Ingredients:

1 shallot
1c pomegranate juice
¼c orange juice
1T honey
½c olive oil
S&P, to taste

Instructions:

- 1.) Roughly chop 1 shallot.
- 2.) Simmer shallot in 1c pomegranate and ¼c orange juice until mixture is reduced by 2/3. You will have approximately ½c left. Let cool.
- 2.) In a blender, combine cooled, reduced juice mixture and simmered shallot. Blend until liquefied.
- 3.) With blender still running on low, slowly drizzle in ½c olive oil.
- 4.) Season to taste w/ S&P.



DRESSING 3

CREAMY CASHEW

This is a heavier dressing and needs greens such as kale or chard that will hold their shape well. Sliced heirloom tomatoes, green onions, chives and basil make excellent compliments.

Yield: ~1c

Lasts ~2-3 weeks in closed container in the fridge.

Ingredients:

1c raw cashews
1 small garlic clove
1tsp lemon juice
1T apple cider vinegar
1tsp white distilled vinegar (OR sub with additional apple cider vinegar)
1tsp smooth Dijon mustard
S&P, to taste

Instructions:

- 1.) Preheat oven to 325 F.
- 2.) Place cashews in a single layer on a cookie sheet. Roast for 5-10 minutes.
- 3.) Bring 1c water to a boil. Place roasted cashews in a large bowl and just cover with boiling water. Allow to stand for 30 minutes.
- 4.) In a blender add:
 - soaked cashews
 - 1 small garlic clove
 - 1tsp lemon juice
 - 1T apple cider vinegar
 - 1tsp white distilled vinegar
 - 1tsp smooth Dijon mustard
- 5.) Blend until ingredients are liquefied adding additional soaking water as needed for creamy consistency. Note: this can take up to 3-4 minutes of blending. You want a very smooth texture.
- 6.) Season with S&P to taste.



DRESSING 4

HONEY MUSTARD

Hosting a summer party? Make a giant mixed green or spinach salad with grilled chicken breast and top with this Honey Mustard dressing. Sure to be a crowd pleaser! Another great combo with this dressing is mixed greens with blueberries, slivered almonds and avocado. Yum!

Yield: ~ $\frac{3}{4}$ c

Lasts ~3-4 months in closed container in the fridge.

Ingredients:

$\frac{1}{2}$ c grainy mustard
1tsp smooth Dijon mustard
2T honey
1 clove garlic (small)
2T white wine vinegar
 $\frac{1}{2}$ c olive oil
1tsp finely chopped fresh dill, optional
S&P, to taste

Instructions:

- 1.) In a blender add:
 - $\frac{1}{2}$ c grainy mustard
 - 1tsp smooth Dijon mustard
 - 2T honey
 - 1 clove garlic (small)
 - 2T white wine vinegar
- 2.) Blend until ingredients are liquefied.
- 3.) With blender still running on low, slowly drizzle in $\frac{1}{2}$ c olive oil.
- 4.) Slowly add water (2-3T) until dressing reaches desired consistency.
- 5.) OPTIONAL: Finely chop fresh dill to equal 1tsp. Add to dressing and pulse to blend.
- 6.) Season to taste with S&P.



DRESSING 5

CILANTRO LIME DRESSING

This is a very versatile dressing. It's perfect to serve with "matchstick" salads like broccoli, carrot, jicama and bell pepper or tossed with a cabbage slaw instead of using a mayo-based dressing. I also like to serve it over a steak salad with romaine.

Yield: ~ $\frac{3}{4}$ c

Lasts 2 weeks in closed container in the fridge.

Ingredients:

$\frac{1}{4}$ c lime juice
1c fresh cilantro leaves, loosely packed
1 shallot
 $\frac{1}{2}$ c olive oil
S&P, to taste

Instructions:

- 1.) Roughly chop 1 shallot
- 2.) In a blender add:
 - $\frac{1}{4}$ c lime juice
 - 1c cilantro leaves
 - roughly chopped shallot
- 2.) Blend until ingredients are liquefied.
- 3.) With blender still running on low, slowly drizzle in $\frac{1}{2}$ c olive oil.
- 4.) Season to taste with S&P.