

Low FODMAP Salad Dressings

Maple Dijon Dressing

3 tablespoons fresh squeezed lemon juice
1/4 cup extra virgin olive oil
2 tablespoons maple syrup
2 teaspoons Dijon mustard (without garlic or onion)
Kosher salt and pepper, to taste

Whisk ingredients in small bowl.

Simple Lemon Vinaigrette

1/4 cup freshly squeezed lemon juice
1/2 cup extra virgin olive oil
3/4 teaspoon kosher salt
1/4 teaspoon ground black pepper

Whisk ingredients in small bowl.

Creamy Ranch Dressing

1/2 cup lactose free milk (whole or 2%)
1/4 cup mayonnaise
1 tablespoon freshly squeezed lemon juice
1 tablespoon chopped fresh dill
1 1/2 tablespoons fresh chopped curly parsley
2 teaspoons garlic infused oil
1 teaspoon Dijon mustard (without garlic or onion)
Kosher salt and pepper, to taste

Combine ingredients in small covered glass jar, allow to sit for 5-10 minutes, then shake vigorously to blend.

Poppy Seed Dressing

1/4 cup mayonnaise
1/2 teaspoon dry mustard
1 tablespoon red wine vinegar
2 tablespoons lactose free milk
1 tablespoon sugar
1 tablespoon poppy seeds

Combine ingredients in small covered glass jar and shake vigorously to blend.

Asian Sesame Soy Dressing

1/3 cup peanut oil
2 tablespoons sesame oil
2 tablespoons rice wine vinegar
2 tablespoons soy sauce
2 teaspoons toasted sesame seeds

Whisk ingredients together in small bowl.

Balsamic Vinaigrette

1/2 cup garlic infused olive oil
3 tablespoons balsamic vinegar
2 teaspoons Dijon mustard (without onion or garlic)
Kosher salt and pepper, to taste

Whisk ingredients together in small bowl.