

DRESSINGS

Commercially prepared dressings can be your worst enemy because of the all the empty calorie and calories from fat. Watch out for restaurant salads too. Be prepared, make your own dressing at home and store it in Dijon mustard containers. Keep a pre-mixed shaker with you for trips to restaurants. Many salads can be found in restaurants; just remember to eliminate the items not allowed in Phase 1 (cheese, cranberries, seeds, nuts, carrots, peas, etc.).

Sweet Onion Dressing

1/4 cup purple onion finely chopped

1/4 cup olive oil

1 cup apple cider vinegar

1 cup Splenda or stevia

1 tbsp dried mustard

1 tsp salt

Mix all ingredients together. This dressing is really good on a spinach salad with cucumbers and mushrooms.

Salsa

1 green pepper (red)

1-2 tomatoes, chopped

1 cup diced cucumber

1 minced red onion

1 cup cilantro, chopped

1 tsp lemon juice

1 jalapeno pepper minced (small pepper)

2 tsp sea salt

Mix together, refrigerate.

Roasted Garlic Dressing

2 tbsp French shallots, chopped

1/3 cup apple cider vinegar

1 tsp Dijon mustard

1/2 tsp salt

pinch white pepper

1 egg white

6 head garlic, roasted in a 360 degree oven until softened and lightly browned (about 20 minutes)

1 cup olive oil

In a blender, blend all ingredients except oil. While blender is running, add oil in a thin stream until emulsified. Serve roasted garlic vinaigrette immediately.

Cilantro, Capers and Lime Dressing

1 clove garlic, finely chopped

1 1/2 tsp whole grain mustard

2 limes, finely grated rind and juice

1 tbsp rice vinegar

1/4 cup olive oil

1 tsp capers
3 tbsp fresh cilantro, chopped
Freshly ground black pepper, to taste

Place the garlic, mustard, lime, rind, juice, and vinegar in a bowl and mix together. Slowly pour in the oil, whisking constantly, until well emulsified. Stir in the capers and cilantro. Season with black pepper, to taste.

Thai Dressing

1 clove garlic, finely chopped
1/2 tsp fresh ginger, finely sliced
3 tbsp rice vinegar
1 tsp Splenda or Stevia
1 tsp soy sauce
1/4 cup olive oil
1 tsp sesame seeds
1/4 tsp red pepper, crushed
Combine all ingredients and mix well.

Oriental Dressing

1/8 cup olive oil
1/3 cup apple cider vinegar
1/3 cup Soy sauce
2 tsp Dijon or hot mustard
1 tsp garlic
ginger (optional)
wasabi(optional)
Blend on high

Basil Dressing

1/8 cup Olive oil
1/3 cup apple cider vinegar
1 tsp Garlic
2 tsp Basil in the tube
1 tsp lime juice
salt and pepper
1 tbsp Walden Farms mayo (optional to make it creamier)
Blend on high

Sweet & Spicy Dressing or Stir Fry Sauce

1/4 cup Splenda
1/2 cup water
2 tbsp soy sauce
2 tbsp rice vinegar
2 tbsp tomato paste
1 tbsp lemon juice
1/8 tbsp sesame oil
1 tbsp garlic
10 drops tabasco sauce

Shake together. Dissolve the sweetener in water in a small bowl. Add soy sauce, rice wine vinegar, ketchup, lemon juice and sesame oil. Mix well and refrigerate this sauce until you're ready to serve.

Homemade Ketchup

1 can Tomato Paste
3 tsp Splenda
1/2 cup Cider Vinegar
1 tsp Garlic powder
1 tsp Onion powder
2 tsp Salt
Mix well and refrigerate.

Chicken or Beef Salad Dressing

2 tsp. oil
1/2 cup water
2 tbsp. apple cider vinegar
1/4 cup Splenda
1 boullion cube (chicken or beef, depending on what kind of salad you are making) First, crush the boullion cube and then add the water. Microwave for a minute to dissolve the cube. Then add the rest of the ingredients. This recipe makes enough for 2 large salads and when I put chicken in my salad I use the chicken flavor, and when I use cut up roast beef or steak in my salad, I use the beef. It can also be used over a veggie salad

Sweet & Sour Sauce

1/2 tbsp Worchester Sauce
1/4 cup Vinegar
1/2 cup Water
3 tbsp Splenda
1/2 cup Tomato paste
1 tsp Onion Powder
Mix all ingredients together

Fresh Herb Dressing

1/4 cup rice vinegar
2 tbsp fresh basil leaves
1 tbsp fresh oregano leaves
1/2 tsp fresh rosemary leaves
1 small clove garlic
1/2 tsp Splenda or Stevia
1/4 tsp salt
1/8 tsp freshly ground black pepper
1/2 cup olive oil

In a blender add rice vinegar, fresh basil, oregano and rosemary leaves, garlic, Splenda or Stevia, salt, and pepper. Blend 10 to 15 seconds until all the herbs and garlic are finely minced. Gradually add the olive oil and continue blending for 10 to 15 seconds or until everything is mixed well.

Taco Seasoning

1 1/2 tbsp chili powder

2 tbsp cumin
1 1/2 tbsp paprika
1 1/2 tbsp onion powder
1 tbsp garlic powder
1/8- 1/2 tsp cayenne- depends on how spicy you like it
Mix all ingredients well and store in an airtight jar. Use 2 tablespoons of seasonings per pound of meat, which is about right. Recipe makes about 8 tablespoons, or 4 batches worth.

Tomato Dressing

1/2 cup tomatoes, chopped
2 tsp white vinegar
1/2 tsp dried basil
1/2 tsp dried thyme
1/2 tsp Dijon mustard
In a blender, blend tomatoes, vinegar, basil, thyme, and mustard until well combined. To store, transfer to a jar with a tight-fitting lid and refrigerate for up to 2 days. Shake well before serving tomato vinaigrette.

Light Dressing

2 tbsp water
1 tbsp apple cider vinegar
1 clove garlic, minced
2 tsp Dijon mustard
pinch each of salt and pepper
2 tbsp extra-virgin olive oil
Whisk together water, vinegar, garlic, mustard, salt and pepper; gradually whisk in olive oil.

Lemon Chive Dressing

1/4 cup canola or olive oil
2 tbsp chopped fresh chives or green onions
1/2 tsp grated lemon rind
2 tbsp lemon juice
1 tbsp Dijon mustard
1 small clove garlic, minced
1/4 tsp of each salt and pepper
In small bowl, whisk together oil, chives, lemon rind and juice, mustard, garlic, salt and pepper.

Poppy Seed Dressing

1/3 cup olive oil
2 tbsp apple cider vinegar
1 shallot or small onion, minced
1 tbsp poppy seeds
1 tsp Splenda or Stevia
1/4 tsp each salt and pepper
In bowl or jar, whisk or shake together oil, vinegar, shallot, poppy seeds, Splenda, salt and pepper.

Ginger Dressing

2 tbsp rice or cider vinegar

1 tbsp grated gingerroot
1/3 cup olive oil
1 tbsp soy sauce
1/4 tsp each Splenda or Stevia, salt and pepper
1/4 tsp hot pepper sauce
Mix vinegar with ginger and let stand for 2 minutes. Strain into bowl, press to extract liquid. Whisk in oil, soy sauce, Splenda, salt, pepper, and hot pepper sauce.

Coriander Dressing

1/4 cup olive oil
3 tbsp lime juice
2 tbsp chopped fresh coriander
1/2 tsp each ground cumin and salt
1/4 tsp pepper
In small bowl, whisk together all ingredients.

Apple Cider Dressing

1 1/2 tsp Dijon mustard
1 1/2 tsp Splenda or Stevia
1/4 tsp salt
1/4 tsp fresh ground black pepper
1/3 cup apple cider vinegar
1 tbsp chopped parsley
2/3 cup or olive oil
Whisk mustard, Splenda, salt, pepper, vinegar, and chopped parsley together in a bowl. Slowly drizzle in the oil, whisking constantly, until thickened. Adjust the seasonings to taste. Store covered in the refrigerator for up to 2 days. Bring apple cider vinaigrette to room temperature before using.

Maple Dressing

1/2 cup soy sauce
1/2 cup cider vinegar
1/2 cup Ideal Protein maple syrup
2 tbsp Splenda or Stevia
2 tbsp Dijon mustard
1 small clove garlic
1/2 tsp ginger, finely chopped
salt and fresh ground pepper to taste
1/2 cup olive oil
In a blender, mix all ingredients together. Slowly drizzle in the oil, blending constantly, until thick. Adjust the seasonings to taste. Serve maple vinaigrette at room temperature.

Greek Salad Dressing

2 tsp olive oil
Juice of 1/2 small lemon
1/2 tsp Dijon mustard
1/2 tsp of thyme
1/4 tsp of oregano
Salt and pepper to taste.

You can add a touch of Stevia for a sweeter taste.

Guilt Free Italian Dressing/Marinade

2 tbsp Italian Seasoning

1/4 cup Extra Virgin Olive Oil

1/2 cup White or Apple Cider Vinegar

1/4 cup Water

Combine all ingredients in a bottle (something you can shake). This can be used on salads or on your meat before cooking. This will yield 6-8 cups of salad or a whole head of lettuce.

Raspberry Dash Salad Dressing

1/2 tsp Ideal Protein Raspberry Flavored Gelatin

1/2 tsp of Mrs. Dash "Garlic and Herb" salt-free seasoning blend

1 tbsp of your favorite olive oil

Stir together the Ideal Protein Raspberry Flavored Gelatin and the "Garlic and Herb" Seasoning. Drizzle the olive oil over a salad and toss. Now toss and sprinkle in the combined Raspberry Dash dressing and enjoy!

Variations: create a dipping sauce by mixing in (small amounts of) lemon juice and the olive oil ahead of time. (After a while, the gelatin sets up and settles to the bottom, so stir the mixture up as you dip. It makes little globs, bursting with flavor, which sticks loosely to what you are dipping (celery never tasted so good!))