

SWEET ONION POPPYSEED DRESSING

From *Fresh: Nourishing Salads for All Seasons*

Ingredients:

1/2 sweet onion, quartered
1 tablespoon brown mustard, or Dijon style
1 teaspoon unrefined salt
1/4-1/3 cup of honey
1/3 raw apple cider vinegar
3/4 cup extra virgin olive oil
1 tablespoon poppy seeds

Directions:

In a blender or food processor, combine the onion, mustard, honey, salt, and vinegar. Blend until smooth. Add the olive oil and blend until just combined. Pour into a mason jar or storing

CREAMY BALSAMIC DRESSING

Ingredients:

2/3 cup extra virgin olive oil
1/3 cup balsamic vinegar
2 teaspoons Dijon style mustard
3/4 teaspoon unrefined salt
1-3 garlic cloves, peeled and put through a garlic press
1-2 tablespoons coconut cream, coconut milk (full fat), or unsweetened homemade coconut yogurt

Directions:

Mix all of the ingredients together by either whisking in a small bowl or putting in a 2 cup jar, placing the lid on, and shaking. Shake before each. Keeps about 1 week when refrigerated.

KOMBUCHA DRESSING

Ingredients:

1 tablespoon brown mustard, or Dijon style
3/4 teaspoon unrefined salt
1/4 homemade kombucha vinegar (About: <http://bit.ly/1K8tjtm>)
3/4 cup extra virgin olive oil
1-3 garlic cloves, peeled and finely minced
Pinch of dried basil, thyme or mixed Italian herbs

Directions:

Mix all of the ingredients together by either whisking in a small bowl or putting in a 2 cup jar, placing on the lid, and shaking. Shake before each. Keeps about 2 weeks when refrigerated.

ORANGE BALSAMIC DRESSING

Ingredients:

1/2 cup extra virgin olive oil
1/4 cup balsamic vinegar
1 tablespoon Dijon style mustard
1/2 teaspoon unrefined salt
1 teaspoon orange zest
1/4 cup orange juice (freshly juiced is best)

Directions:

Mix all of the ingredients together by either whisking in a small bowl or putting in a 2 cup jar, placing on the lid, and shaking. Shake before each. Keeps about 2 weeks when refrigerated.

ASIAN PEANUT DRESSING/SAUCE

Use over chilled noodles and thinly sliced veggies!

Ingredients:

1/3 cup peanut butter, unsweetened (or nut butter of choice)
1/4 cup soy sauce or tamari
1/4 cup extra virgin olive oil
1/2 teaspoon dried ginger
1-3 garlic cloves, peeled and put through a garlic press
1 tablespoon toasted sesame oil
1/2 teaspoon crushed red pepper

Directions:

Use a fork to whisk ingredients thoroughly in a small bowl.

SIMPLE BALSAMIC VINAIGRETTE

From *Fresh: Nourishing Salads for all Seasons*

Ingredients:

1/4 cup balsamic vinegar
3/4 cup extra virgin olive oil
2-4 teaspoons Dijon styled brown mustard
1-3 smallish garlic cloves, peeled and put through a garlic press
3/4 teaspoon salt

Directions:

Mix all of the ingredients together by either whisking in a small bowl or putting in a 2 cup jar, placing the lid on, and shaking. Shake before each. Keeps about 2 weeks when refrigerated.

EVERYDAY SALAD DRESSING

From *Fresh: Nourishing Salads for all Seasons*

Ingredients:

1/3 cup raw apple cider vinegar
1 cup extra virgin olive oil
2 tablespoons Dijon styled brown mustard
3 smallish garlic cloves, peeled and put through a garlic press
1/2 teaspoon each dried thyme and basil
1 1/2 teaspoon unrefined salt

Directions:

Mix all of the ingredients together by either whisking in a small bowl or putting in a 2 cup jar, placing the lid on, and shaking. Shake before each. Keeps about 2 weeks when refrigerated.

Love to make beautiful salads and salad dressing? Check out my cookbook, *Fresh: Nourishing Salads for all Seasons!*

Find out more:

<http://www.thenourishinggourmet.com/fresh-nourishing-salads-for-all-seasons>

This cookbook was inspired by the idea that food does not have to be complicated to taste good. Furthermore, good food is real food, such as dark greens, bright pineapple, or savory grassfed steak. The recipes in this book were created with everyday needs in mind. Practical, tasty, and simple enough to enjoy on a regular basis, but also full of nourishing, healthy ingredients.

Recipes include old time favorites such as Caesar Salad, a remake of your mother's Jello salad (this time made with real food ingredients), and Taco Salad. These versions include fresh ingredients for a more nourishing and fresh flavored dish.