Salad Dressings

Just about everyone loves a green salad 'well dressed' with their favorite bought or home-made dressing. Don’t forget—most dressings are made with oil or mayonnaise which can make an otherwise healthy salad very high in fat. Use dressings sparingly!! Consider dressing your salad with a splash of flavored vinegar, a squeeze of fresh lemon or lime, some cooked beans with chickpeas (garbanzo), or kidney beans and a sprinkle of Parmesan cheese for zip.

Here are a few dressing recipes you can try at home. Experiment and exchange ingredients. You probably already have a lot of the ingredients in your cupboard.

**Classic Vinaigrette**
Makes about 1 cup.

2 garlic cloves, crushed
2/3 cup olive oil
1/3 cup flavored vinegar
(balsamic or berry work well)
2 teaspoons combined herbs, crushed
(basil, thyme, oregano)
Salt and pepper to taste

1. Combine all ingredients in a jar with a tight-fitting lid. Shake well before using.
2. Refrigerate between uses, but let dressing come to room temperature before serving, since some olive oils will become semi-solid when refrigerated.

**Curry Dressing for Green or Pasta Salad**
Makes about 1 cup.

1 1/2 teaspoons vinegar
1 teaspoon curry powder, or more, if desired
1/4 cup lowfat plain yogurt
2 tablespoons mayonnaise
1 tablespoon skim milk
1 teaspoon salt

1. Combine all ingredients in a small bowl and stir together with a fork or whisk. Thin the dressing with more milk, if desired. Chill well before serving.
2. Toss with prepared pasta, enough to lightly coat, just before serving, or with a green salad.

**Creamy Vinaigrette**
Makes about 1 1/4 cups.

2/3 cup plain low fat yogurt
1/3 cup apple cider vinegar
2 tablespoons olive oil
1 tablespoon mustard (Dijon works well)
1 tablespoon lemon juice
1 large of two small cloves garlic, pressed
1 tablespoon soy sauce
1/2 teaspoon dried dill weed

1. Put all ingredients into a jar with a tight-fitting lid.
   Shake to jar to blend ingredients. Store in the refrigerator between uses.

**French Dressing**
Makes about 1 cup.

1/2 cup plain low fat yogurt
2 1/2 tablespoons ketchup
2 tablespoons water
1 1/2 tablespoons cider vinegar
1 tablespoon mayonnaise
1 clove garlic, crushed
1/2 teaspoon sugar
Black pepper to taste

1. Put all ingredients in a small bowl, mix together with a spoon or fork. Store in the refrigerator in a covered container.

**What Makes a Good Salad?**
The darker the salad greens the better! Try red or green leaf lettuce instead of iceberg. Bok Choy, arugula, cilantro, cabbage and spinach leaves add wonderful flavor and nutrients to your salad. Experiment with fruit—add nectarine, peach or apple pieces for a nice burst of sweet flavor. Cooked beans and nuts add texture and protein, making your tasty salad more of a main meal than a side dish. Baked corn chips broken and mixed in with a combo of greens, tomato, bell peppers and green onions makes an easy taco-style salad that really satisfies. Cut or tear your salad pieces small so that flavors can blend better. Enjoy!
### French Dressing

**Nutrition Facts**
- **Serving size**: 2 tablespoons (14g)
- **Servings per Recipe**: 8

| Amount Per Serving |  
|-------------------|---
| Calories          | 30 | Cal. from Fat 25%
| Total Fat         | 3g | 4%
| Saturated Fat     | 0g | 2%
| Trans Fat         | 0g | 0%
| Cholesterol       | 2mg| 0%
| Sodium            | 318mg| 15%
| Total Carbohydrate| 1g | 0%
| Dietary Fiber     | 0g | 0%
| Sugars            | 0g | 0%
| Protein           | 1g | 0%

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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.*

### Creamy Vinaigrette

**Nutrition Facts**
- **Serving size**: 2 tablespoons (27g)
- **Servings per Recipe**: 12

| Amount Per Serving |  
|-------------------|---
| Calories          | 33 | Cal. from Fat 23%
| Total Fat         | 3g | 4%
| Saturated Fat     | 0g | 2%
| Trans Fat         | 0g | 0%
| Cholesterol       | 1mg| 0%
| Sodium            | 109mg| 4%
| Total Carbohydrate| 1g | 0%
| Dietary Fiber     | 0g | 0%
| Sugars            | 0g | 0%
| Protein           | 1g | 0%

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### Curry Dressing

**Nutrition Facts**
- **Serving size**: 2 tablespoons (14g)
- **Servings per Recipe**: 8

| Amount Per Serving |  
|-------------------|---
| Calories          | 30 | Cal. from Fat 25%
| Total Fat         | 3g | 4%
| Saturated Fat     | 0g | 2%
| Trans Fat         | 0g | 0%
| Cholesterol       | 2mg| 0%
| Sodium            | 73mg| 4%
| Total Carbohydrate| 3g | 0%
| Dietary Fiber     | 0g | 0%
| Sugars            | 1g | 0%
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### Classic Vinaigrette

**Nutrition Facts**
- **Serving size**: 2 tablespoons (27g)
- **Servings per Recipe**: 12

| Amount Per Serving |  
|-------------------|---
| Calories          | 20 | Cal. from Fat 23%
| Total Fat         | 2g | 2%
| Saturated Fat     | 0g | 2%
| Trans Fat         | 0g | 0%
| Cholesterol       | 0mg| 0%
| Sodium            | 72mg| 4%
| Total Carbohydrate| 1g | 0%
| Dietary Fiber     | 0g | 0%
| Sugars            | 0g | 0%
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This material was funded, in part, by USDA’s Basic Food Program through Public Health—Seattle & King County. The Basic Food Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689. This institution is an equal opportunity provider and employer.