

MAKE YOUR OWN DRESSING

Lemon Dressing

3 tablespoons lemon juice
1/2 cup olive oil
salt
pepper

1. Mix the lemon juice and olive oil into a bowl and whisk. Season to taste with salt and pepper. Add 2 additional ingredients, and whisk well after each choice. Taste! See if you need to add more or 1 more choice.

Your Choices: Add 2 (or 3 if it needs something else)

1 tablespoon parmesan cheese

2 tablespoons cream

2 tablespoons tahini

a bit of parsley

a bit of oregano

1 clove garlic

2 teaspoons mustard

2 teaspoons honey

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Asian Dressing

3 tablespoons rice vinegar
1/2 cup canola oil
salt

1. Mix the rice vinegar and canola oil into a bowl and whisk. Season to taste with salt. Add 2 additional ingredients, and whisk well after each choice. Taste! See if you need to add more or 1 more choice.

Your Choices: Add 2 more ingredients (or 3 if it needs something else)

1 tablespoon sweet chili sauce

1 tablespoons orange juice

a bit of mint

a bit of cilantro

1 teaspoon ginger

1 teaspoon mustard

2 teaspoons honey

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FRUIT DRESSING

3 tablespoons vinegar
1 tablespoon honey or maple syrup
1/2 cup olive oil
Salt to taste

1. Mix the vinegar, maple syrup or honey, and olive oil into a bowl and whisk. Season to taste with salt and pepper. Add 1 or 2 additional ingredients, and whisk well after each choice. Taste! See if you need to add a bit more.

Your Choices : pick 1 or 2

1 or 2 tablespoons raspberry puree (raspberries mixed in a blender)

1 or 2 tablespoons strawberry puree

1 to 2 tablespoons peach or apricot preserves

1 to 2 tablespoons blueberry puree (blueberries in a blender)

1 teaspoon fresh ginger

1 tablespoon lime juice

2 tablespoons fresh orange juice

1 to 2 tablespoons date puree