

## Create Your Own Salad Dressings

In addition to being expensive, store-bought salad dressing often contain more salt or sugar than recommended for many people. Making your own dressings provides the opportunity to adapt recipes to your personal taste and nutritional needs as well as using healthier oils and reduced fat dairy products.

Another advantage to making your own salad dressing is that you easily reduce the amount you prepare to fit the size of your family. Since these recipes contain dairy products such as yogurt and sour cream within 5 days and oil and vinegar based dressing within two weeks

### Cucumber Dill Dressing

1 cup sliced seedless cucumber (peeled if desired)	¼ cup crumbled feta cheese
1 6-oz. container plain nonfat yogurt	Pinch of ground cumin
2 Tbsp. canola oil	2 Tbsp. fresh dill leaves
	Salt and ground black pepper, to taste

In blender, purée cucumber, yogurt, canola oil, feta cheese, cumin, dill, salt and pepper together. Tossed with greens; serve.

Makes 12 servings (2 Tbsp. each).

**Per serving:** 38 calories, 3 g total fat (1 g saturated fat), 1 g carbohydrate, 1 g protein, 0 g dietary fiber, 45 mg sodium

Options:

- Instead of fresh dill and canola oil, substitute 2 tablespoons of refrigerated dill paste. Product comes in a tube and is found in the refrigerated part of the produce section.
- Other spices to add include ground red pepper and onion powder

Adapted from: <http://www.aicr.org/health-e-recipes/2015/her-567-cucumber-dill-dressing.html>

### Zesty Herb Salad Dressing

1 Tbsp. vegetable oil (olive, canola)	½ tsp. basil
2 Tbsp. vinegar	¼ tsp. black pepper
⅓ cup tomato or orange juice	¼ t tsp. salt (optional)
½ tsp. oregano	

Put all the ingredients in a jar or bottle with a lid. Put on the lid. Shake well. Chill in the fridge for at least 1 hour before serving.

Serving Size: 2 tablespoons dressing, 1/5 of recipe

Nutritional Information: Calories 34, Fat 3g, Carbohydrates 2g, Sodium 466mg or 0g if omit salt.

Source: Penn State Extension <http://extension.psu.edu/health/news/2015/salad-dressing>

## Asian Salad Dressing

2 Tbsp. vegetable oil (canola or olive)	2 Tbsp. brown sugar
3 Tbsp. red vinegar	2 Tbsp. lemon juice
2 tsp. soy sauce, low-sodium	½ tsp. garlic powder

Put all the ingredients in a jar or bottle with a lid. Put on the lid. Shake well. Chill in the fridge for at least 1 hour before serving.

Serving Size 2 Tablespoons dressing

Calories 70, Fat 6g, Saturated Fat .5g, Sodium 80mg, Carbohydrates 6g.

Source: Penn State Extension <http://extension.psu.edu/health/news/2015/salad-dressing>

## Italian Dressing Mix

1½ teaspoons garlic powder	2 tsp. salt
1 tablespoon onion powder	1 tsp. black pepper
1 Tbsp. oregano leaves	1 tsp. basil leaves
1 Tbsp. dried parsley	¼ tsp. thyme leaves
1 Tbsp. granulated sugar	¼ tsp. celery seed

Mix all ingredients together and store in air-tight container.

To make dressing: Mix 2 tablespoons of mix with ¼ cup vinegar, 2 tablespoons water, and ½ to ¾ cup olive oil or canola oil. Shake well before using.

★★Tip: adding ½ teaspoon of Dijon mustard will help blend the dressing

Adapted from: [www.food.com](http://www.food.com)

## Ranch Dressing and Dip Mix

2 t Tbsp. plus 2 tsp. dried minced onion	2 tsp. salt
1 Tbsp. dried parsley flakes	2 tsp. pepper
2½ tsp. paprika	1½ tsp. garlic powder
2 tsp. sugar	

Additional Ingredients for Dressing:

1 cup mayonnaise  
1 cup buttermilk

Additional Ingredient for Dip:

1 cup (8 ounces) sour cream

In a small bowl, combine the first seven ingredients. Store in an airtight container in a cool dry place for up to 1 year.

Yield: about 6 tablespoons mix (enough to make 6 batches).

**To prepare dressing:** In a bowl, combine 1 tablespoon mix with mayonnaise and buttermilk; refrigerate. Yield: 2 cups.

**To prepare dip:** In a bowl, combine 1 tablespoon mix and sour cream; refrigerate for at least 1 hour before serving. Yield: 1 cup.

<http://www.tasteofhome.com/recipes/ranch-dressing-and-dip-mix#ixzz3Ijwdmbo>