

## FIVE SIMPLE VINAIGRETTES

Here is a collection of 5 tasty, unique and versatile dressings. The amount of dressing you like to use is up to you but these measurements will dress enough salad for 4 to 6 people. Each is skewed a bit more towards the vinegar and not the oil, so you need to experiment with ratios. I don't like a heavy dressing but you may prefer that. Also, be sure and use a good whisk. Blending all ingredients is vital to the consistency of the dressing.

### Spicy Thai Vinaigrette

3 T Rice Wine Vinegar

3 T Light Oil

1/2 t Sriracha Sauce

Juice from one lemon

Salt and Pepper

1/4 T fresh grated ginger

1 t honey

(Add fresh cilantro, and basil to the salad greens)

SALAD: Romaine lettuce, diced red chili peppers, diced red peppers, cashew bits, sautéed chicken.

### Simple Lemon Vinaigrette

3 T fresh lemon juice

3 T light, grassy olive oil

½ t sugar

Salt and pepper

(Optional: ½ T finely diced sweet onion)

SALAD: Fresh micro greens, radicchio, strawberries, feta cheese, toasted pecans.

### Maple Herb Vinaigrette

2 ½ T T Red Wine Vinegar or Cider Vinegar

2 T light oil like Canola

½ T finely diced white onion

1 t yellow mustard

Salt and Pepper

½ T maple syrup (the real stuff makes the BEST dressing.)

½ T each finely diced fresh flat leaf parsley and fresh thyme

SALAD: Romaine, spinach mix, diced zucchini, currants or craisins, canned mandarin oranges, peanuts, and a protein like chicken or salmon.

### **Easy Raspberry Vinaigrette**

2 T Raspberry Jam with seeds OR fresh, extremely crushed raspberries

2 T Fruity Balsamic Vinegar like Fig Vinegar

2 T light oil

Salt and Pepper

½ T very finely diced red onion

A bit of sugar to taste, (brown sugar gives it a lovely flavor!) depending upon the sweetness of your berries

SALAD: Coleslaw mix either bagger or your own diced green and red cabbage, blueberries, strawberries, pecans, fresh mint, blue cheese or your favorite pungent cheese.

### **Fragrant Rosemary Vinaigrette**

2 T olive oil, grassy notes

1 T fresh squeezed orange juice (about half an orange)

Zest from one orange

1 T rice wine vinegar

1 t finely diced fresh rosemary, leaves only

Salt and pepper

Tired of greens? TRY POURING THIS over fresh roasted chicken, grilled pork chops, or tilapia and rice. You can even cover pasta and then toss with Parmesan cheese.