## **4 Great Dressings for Healthy Eating**

<u>Cilantro Dressing</u>			Ginger Dressing		
Ingredients:			Ingredients:		
1	C	Packed cilantro leaves	1	Tbs.	Fresh ginger, minced
1/2	C	Mint leaves, packed	1	Tbs.	Shallot, minced
1/2		Small onion, very finely chopped	2	Tbs.	Rice vinegar
1/4	C	Vegetable oil	2	Tbs.	Mayonnaise
2	Tbs.	Rice vinegar	1	Tbs.	Low-sodium soy sauce
		Salt & Pepper	1/3	C	Vegetable oil
					Salt & fresh ground pepper
Procedure:			Procedure:		
In a blender, combine the cilantro, mint, onion, oil			In a blender, puree the ginger, shallot,		
and vinegar and puree until smooth. Season the			vinegar, mayonnaise and soy sauce. With the		
dressing with salt and pepper.			machine on, add the vegetable oil and blend		

Ideas: Salmon, Fish

machine on, add the vegetable oil and blend until smooth. Season with salt and pepper.

## **Ideas:**

Can use with watercress, avocados, radishes, Asian pears, poached shrimp and seared tuna.

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Creamy Blue Cheese Dressing				Balsamic & Honey Dressing			
		1 cup					
Ingredients:			Ingi	Ingredients:			
1/2	c	buttermilk, well-shaken	1/2	C	Olive oil		
2	Tbs	Sour cream	1	tsp.	Dijon mustard		
1	Tbs	Mayonnaise	2	T	Balsamic vinegar		
3/4	tsp	Tarragon, fresh chopped	4	T	Honey		
1/2	tsp	Garlic, minced			Salt and Pepper to Taste		
1/4	tsp	Dry mustard					
		Salt and Pepper to taste	Pro	cedure:			
1/2	c	Roquefort, crumbled	In a large bowl, add the olive oil, Dijon,				
			bals	amic, ar	nd honey. Season with salt and		
Procedure:				pepper. Whisk until the vinaigrette is fully			
Mak	e Dressi	ng: Put all dressing ingredients into a	emu	emulsified.			
food	processo	or and process until smooth	<b>Note:</b> If it is too thick for your liking, just add				
		_	one tablespoon of water to loosen it.				
Idea	: BLT S	alad					
				<b>Idea:</b> Mixed Greens with Strawberries and			
			Feta	Feta Cheese			