

Homemade Healthy Salad Dressings

Desi Payne

Homemade Creamy Dill

1 cup plain Greek yogurt
1 cup mayonnaise (I use Avocado Mayo)
2 teaspoons garlic powder
2 teaspoons onion powder
1/3 cup finely chopped dill (use more if desired)
2 teaspoons oregano
½ squeezed lemon
2 tablespoons milk (I use almond milk)

Blend well together in blender or Nutri-bullet.
Salad Mixture: Any desired lettuce & vegetables.

Chocolate Balsamic Dressing

¼ cup dark chocolate chips dark chocolate chips (melted)
1/8 cup balsamic vinegar
¼ cup extra-virgin olive oil
2 tablespoons honey
1/4 teaspoon salt
1/8 teaspoon freshly ground black pepper

Blend well together in blender or Nutri-bullet.
Salad Mixture: Lacinato Kale, dried blueberries, fresh blueberries, mandarin oranges, strawberries, slivered almonds, or pecans.

Lemon Thyme Dressing:

2 tablespoons Dijon mustard
1 clove garlic, minced
1 tablespoon honey
1 lemon, juiced
Zest of 1 lemon
¼ cup apple cider vinegar
2 tablespoons fresh thyme, minced
1 cup extra-virgin olive oil
Pinch salt & pepper

Blend well together in blender or Nutri-bullet.
Salad Mixture: Arugula, blackberries, avocado, cucumbers, feta cheese, toasted pumpkin seeds or nut desired OR any variety of lettuce & vegetables of your choice.

Lime-Mint Vinaigrette:

1/3 cup extra-virgin olive oil
3 T lime juice
1 T maple syrup
4 T finely chopped Mint
¾ t salt
Dash Pepper

Blend well together in blender or Nutri-bullet.

Salad Mixture: Arugula, blackberries, avocado, cucumbers, feta cheese, toasted pumpkin seeds or nut desired OR any variety of lettuce & vegetables of your choice.

Chicken Apple Walnut Salad

Marinade for Grilled Chicken:

2 tablespoons extra-virgin olive oil
2 tablespoons Dijon mustard
2 tablespoons Worcestershire Sauce
Salt and Pepper to Taste

Mix all together, cover 2 chicken breasts and let marinate 30 minutes – 2 hours.

(I cut chicken lengthwise to get a total of 6 thin chicken breasts)

Grill until cooked all the way through.

Balsamic Salad Dressing: 2 T Balsamic Vinegar, 1 t. Dijon Mustard, ¼ cup Olive Oil

Salad Mixture: Mixed greens, chopped green apples, toasted chopped walnuts, fresh blueberries, raisins, feta cheese.

Orange Vinaigrette:

2 tablespoons apple cider vinegar
3 teaspoons grated orange zest
2 teaspoons honey
1 tablespoon Dijon mustard
1/3 cup extra-virgin olive oil
2 tablespoons dried minced onion
½ teaspoon salt
¼ teaspoon freshly cracked pepper

Salad Mixture: Mixed greens and choice of vegetables