

ADD A SPLASH OF COLOR!

Simple ingredients come together to create yummy dressings! Pour generously over greens or protein of choice! Drizzle over soup or just about anything on your plate! Grab a spoon or small cup and you just might find yourself drinking these saucy sauces! I found these recipes and they became a hit with my family! Let me know which one is your favorite!

~ Anna-Marie Forbes - FitRec Personal Trainer

SIMPLE ASIAN SALAD DRESSING

Ingredients:

- 1/2 cup of oil (peanut, canola, or vegetable)
- 1/4 cup of soy sauce
- 1/3 cup of rice vinegar
- 2 tbsp of sesame oil
- 1-2 tbsp fresh ginger (I don't always have fresh on hand so regular works too!)
- 1 tsp of garlic (I used minced garlic cloves about 2-3)
- 1 tbsp of sesame seeds (Lightly toasted)

Directions: Mix Together! (Seriously it is that easy!)





Simple Italian Dressing



Ingredients

- 3/4 cup of oil (olive, extra virgin, vegetable, or canola)
- 1/4 vinegar (red wine, white wine, apple cider, balsamic)
- 1 tsp of dried or fresh garlic (Again I use minced garlic cloves)
- 1 tsp of dried oregano
- 1 tsp of dried basil
- Seasoning to taste (red pepper, onion powder, salt, pepper, etc)

Directions: Mix together!

Note: If the ingredients used do not need to be refrigerated, you can keep the dressing on the counter for a few weeks



Basic Balsamic Dressing

Ingredients:

- * 1/2 cup of olive oil (regular or extra-virgin)
- * 1/2 cup of balsamic vinegar
- * 1 tsp dried or fresh garlic
- * 1 tsp of mustard (dried, dijon, honey, or regular)
- * Salt and pepper to taste

Directions: Mix all ingredients together!

Note: You can puree fresh strawberries or raspberries and add it to this on your next salad!



