Oil Free Vegan Dressings

**PIQUANT DRESSING**

From *Healthy Eating for Life for Women* by Kristine Kieswer; recipe by Jennifer Raymond, M.S., R.D.

Makes 1/2 cup

**Ingredients:**

* 1/4 cup seasoned rice vinegar
* 1/4 cup salsa
* 1 garlic clove, pressed

**Directions:**

Whisk all the ingredients together.

**CREAMY DILL DRESSING**

From *Healthy Eating For Life to Prevent and Treat Cancer* by Vesanto Melina, M.S., R.D.; recipe by Jennifer Raymond, M.S., R.D.

Makes about 1 1/2 cups

**Ingredients:**

* 1 12.3-ounce package firm silken tofu
* 2 tablespoons lemon juice
* 3 tablespoons seasoned rice vinegar
* 1 tablespoon cider vinegar
* 1 teaspoon garlic granules or powder
* 1/2 teaspoon dried dill weed
* 1/4 teaspoon salt

**Directions:**

Combine all ingredients in a food processor or blender. Blend until completely smooth, 1 to 2 minutes. Store any extra dressing in an airtight container in the refrigerator.

**BALSAMIC VINAIGRETTE**

From*Healthy Eating For Life to Prevent and Treat Cancer* by Vesanto Melina, M.S., R.D.; recipe by Jennifer Raymond, M.S., R.D.

Makes 1/4 cup

**Ingredients:**

* 2 tablespoons balsamic vinegar
* 2 tablespoons seasoned rice vinegar
* 1 tablespoon ketchup
* 1 teaspoon stone-ground mustard
* 1 garlic clove, pressed

**Directions:**

Whisk vinegars, ketchup, mustard, and garlic together.

**FAT-FREE VINAIGRETTE**

From *Fat-Free & Easy* by Jennifer Raymond

Makes about 1/2 cup

**Ingredients:**

* 1/2 cup seasoned rice vinegar
* 1-2 teaspoons stone-ground or Dijon mustard
* 1 garlic clove, crushed or pressed

**Directions:**

Whisk all ingredients together.

**ORIENTAL SALAD DRESSING**

From*The McDougall Quick and Easy Cookbook* by John A. and Mary McDougall

Makes 3/4 cup

**Ingredients:**

* 1/4 cup soy sauce
* 1/4 cup rice vinegar
* 1/4 cup water
* 1/4 teaspoon minced fresh garlic
* 1/4 teaspoon minced fresh ginger

**Directions:**

Combine all ingredients in a covered jar. Shake to mix. Store in a covered jar in the refrigerator.

Variation: To make this into a Dijon-oriental dressing, add 2 teaspoons Dijon mustard.

**McDOUGALL’S VINAIGRETTE DRESSING**

From*The McDougall Quick and Easy Cookbook* by John and Mary McDougall

Makes 3/4 cup

**Ingredients:**

* 3 tablespoons plain non-dairy yogurt
* 3 tablespoons orange juice
* 3 tablespoons chopped fresh cilantro or parsley
* 2 tablespoons water
* 2 tablespoons white wine vinegar
* 2 tablespoons lime juice
* 1 teaspoon chili powder
* 1/2 teaspoon onion powder
* 1/2 teaspoon ground cumin

**Directions:**

Combine all ingredients in a covered jar. Shake to mix. Use at once or refrigerate for later use.

**HUMMUS SALAD DRESSING**

From *Prevent and Reverse Heart Disease* by Dr. Caldwell B. Esselstyn, Jr., M.D.

Makes 1/4 cup

**Ingredients:**

* 2 heaping tablespoons no-tahini, no-oil hummus (I love the[*Good Neighbors* Organic No Fat Simply Zero Hummus](http://veganamericanprincess.com/tweaking-my-vegan-diet-the-esselstyn-way/))
* 2 tablespoons balsamic vinegar or vinegar of choice
* 1/2 teaspoon mustard of choice

**Directions:**

Mix and pour over greens.

**JANE’S 3, 2, 1 SALAD DRESSING**

From *Prevent and Reverse Heart Disease* by Dr. Caldwell B. Esselstyn, Jr., M.D.

Makes about 1/3 cup

**Ingredients:**

* 3 tablespoons balsamic vinegar
* 2 tablespoons mustard of choice
* 1 tablespoon maple syrup

**Directions:**

Mix all ingredients in a small bowl and whisk until smooth.

**CREAMY CILANTRO-GARLIC DRESSING**

From *The Starch Solution* by Dr. John A. McDougall and Mary McDougall

Makes about 2 cups

**Ingredients:**

* 1 package (12.3 ounces) silken tofu, drained in a fine-mesh strainer
* 1/2 cup rice wine vinegar
* 1/4 cup regular or reduced-sodium soy sauce
* 2-3 cloves garlic, crushed or minced
* 1/2 bunch fresh cilantro

**Directions:**

Combine the tofu, vinegar, soy sauce, and garlic in a blender or food processor and blend or process until smooth. Add the cilantro and process again just until the cilantro is chopped.

Pour the dressing into a jar, cover, and refrigerate for at least 1 hour or up to 5 days.

**MAPLE-MUSTARD DRESSING**

Recipe by Julieanna Hever from *Forks Over Knives Cookbook*

**Ingredients:**

* 1 cup cooked cannellini beans
* 2 tablespoons tahini
* 2 tablespoons stone-ground or Dijon mustard
* 2 tablespoons nutritional yeast
* 1 to 2 tablespoons low-sodium soy sauce, or Bragg’s Liquid Aminos
* 1 tablespoon 100% pure maple syrup

Zest and juice of 1 lemon

**Directions:**

In a blender, combine the cannellini beans, tahini, mustard, nutritional yeast, soy sauce, maple syrup, lemon zest and juice, and 1/4 cup water, and blend on high until smooth. Add more water as need to achieve a smooth consistency.

**Miso Dressing**

Combine 1 teaspoon miso with 1/3 cup water, 2 whole olives, 2 tablespoon brown rice vinegar, a pinch of black pepper, 1/2 teaspoon brown rice syrup or liquid stevia, and a tablespoon of dulse flakes (or another [flaked seaweed](http://www.amazon.com/s/ref%3Dnb_sb_noss?url=search-alias%3Daps&field-keywords=organic+seaweed++flakes&rh=i%3Aaps%2Ck%3Aorganic+seaweed++flakes) such as kelp or wakame). Blend and enjoy.

**Mock Ranch Dressing**

Combine 3 tablespoons raw organic tahini (you can also use regular roasted if you can’t find raw), 1/3 cup water, 2 tablespoons unsweetened almond milk (choose a carrageenan-free, GMO-free brand when possible), a pinch of black pepper if desired, 1-2 tablespoons Herbs de Provence or Italian seasoning, a tiny pinch of fresh ginger, and a pinch of pink sea salt if desired. Blend and enjoy.

**Lemon Garlic Creamy Mustard Dressing**

Combine the juice from 2 lemons with 1/4 teaspoon minced garlic or 1/4 teaspoon fresh garlic, 1 teaspoon diced onions, 2 tablespoons raw cashew butter (or tahini, almond butter or almond or soy milk), a pinch of black pepper, 2 teaspoons mustard, 1 teaspoon of dried parsley, and 1/4 cup water. Blend, drizzle and serve.

**Sweet Lemon Curry Dressing**

Combine 2 tablespoons water, 2 tablespoons apple cider vinegar, the juice from 2 lemons, 1/2 teaspoon curry, a tiny pinch of cayenne and black pepper, 1/2 teaspoon pure maple syrup or liquid stevia (or you may used 1 pureed date or a pureed dried fig). \*If you use a piece of dried fruit as your sweetener, you may want to let it soak in the water used 30 minutes to soften before making this (or keep soaked dried fruit in the fridge overnight). For a creamier flavor, add 2 tablespoons either tahini, almond butter or cashew butter in addition to the other ingredients called for. Blend, drizzle, and serve.