Orange Sesame Vinaigrette

Cold-pressed sesame seed oil	½ cup
Rice vinegar	¼ cup
Orange (peel, white stuff and seeds removed)	1
Pure honey	1 tbsp
Fresh mint (finely chopped)	¼ cup
Salt and pepper, to taste	

Serves 8 large or 16 small (A large serving = 4 tbsp; a small serving = 2 tbsp)

Nutritional Information

(per serving)	large	small
Calories (k/cal)	140.9	70.5
Fat (g)	13.6	6.8
Saturated (g)	1.9	1.0
Monounsaturated (g)	5.4	2.7
Polyunsaturated (g)	5.7	2.8
omega-3 (g)	0.0	0.0
omega-6 (g)	5.6	2.8
Carbohydrates (g)	4.5	2.2
fiber (g)	0.4	0.2
sugars (g)	3.7	1.8
Protein (g)	0.1	0.1

Balsamic Vinaigrette

Extra virgin olive oil	½ cup
Balsamic vinegar	½ cup
Shallots (finely diced)	¼ cup
Fresh parsley (finely chopped)	¼ cup
Salt and pepper, to taste	

Serves 8 large or 16 small (A large serving = 4 tbsp; a small serving = 2 tbsp)

Nutritional Information

(per serving)	large	small
Calories (k/cal)	125.1	62.6
Fat (g)	13.5	6.8
Saturated (g)	1.9	0.9
Monounsaturated (g)	9.9	4.9
Polyunsaturated (g)	1.4	0.7
omega-3 (g)	0.1	0.1
omega-6 (g)	1.3	0.7
Carbohydrates (g)	0.8	0.4
fiber (g)	0.0	0.0
sugars (g)	0.1	0.0
Protein (g)	0.1	0.1

Asian Dressing

Cold-pressed sesame seed oil	½ cup
Orange juice	½ cup
Shallots (finely diced)	¼ cup
Ginger (grated)	½ tsp
Fresh cilantro (finely chopped)	¼ cup
Salt, pepper and Splenda© to taste	

Serves 8 large or 16 small (A large serving = 4 tbsp; a small serving = 2 tbsp)

Nutritional Information

(per serving)	large	small
Calories (k/cal)	134.6	67.3
Fat (g)	13.7	6.8
Saturated (g)	1.9	1.0
Monounsaturated (g)	5.4	2.7
Polyunsaturated (g)	5.7	2.8
omega-3 (g)	0.0	0.0
omega-6 (g)	5.6	2.8
Carbohydrates (g)	2.6	1.3
fiber (g)	0.1	0.1
sugars (g)	1.3	0.7
Protein (g)	0.3	0.1

Mexi-Mix Dressing

Salsa	**1 cup**
Plain low-fat yogurt	**1 cup**
Flaxseed oil	**¼ cup**

Serves 8 large or 16 small (A large serving = 4 tbsp; a small serving = 2 tbsp)

Nutritional Information

(per serving)	large	small
Calories (k/cal)	88.8	44.4
Fat (g)	6.9	3.5
Saturated (g)	0.7	0.3
Monounsaturated (g)	1.4	0.7
Polyunsaturated (g)	4.5	2.3
omega-3 (g)	3.6	1.8
omega-6 (g)	0.9	0.4
Carbohydrates (g)	4.4	2.2
fiber (g)	0.5	0.3
sugars (g)	3.3	1.7
Protein (g)	2.3	1.1

Caesar Vinaigrette

Extra virgin olive oil	**½ cup**
Lemon juice	**¼ cup**
Plain low-fat yogurt	**¼ cup**
Fresh garlic (minced)	**1 tsp**
Capers	**1 tbsp**
Dijon mustard	**1 tsp**

Serves 8 large or 16 small (A large serving = 4 tbsp; a small serving = 2 tbsp)

Nutritional Information

(per serving)	large	small
Calories (k/cal)	128.5	64.2
Fat (g)	13.5	6.8
Saturated (g)	1.9	0.9
Monounsaturated (g)	9.9	4.9
Polyunsaturated (g)	1.4	0.7
omega-3 (g)	0.1	0.1
omega-6 (g)	1.3	0.7
Carbohydrates (g)	1.2	0.6
fiber (g)	0.0	0.0
sugars (g)	0.8	0.4
Protein (g)	0.5	0.2

Roasted Garlic Vinaigrette

Extra virgin olive oil	**½ cup**
Red wine vinegar	**½ cup**
Roasted garlic (recipe on pg.194)	**¼ cup**
Dijon mustard	**2 tsp**
Fresh cilantro (finely chopped)	**¼ cup**
Salt & pepper, to taste	

Serves 8 large or 16 small (A large serving = 4 tbsp; a small serving = 2 tbsp)

Nutritional Information

(per serving)	large	small
Calories (k/cal)	132.9	66.4
Fat (g)	13.7	6.8
Saturated (g)	1.2	0.6
Monounsaturated (g)	3.1	1.6
Polyunsaturated (g)	8.6	4.3
omega-3 (g)	1.4	0.7
omega-6 (g)	7.2	3.6
Carbohydrates (g)	2.5	1.2
fiber (g)	0.4	0.2
sugars (g)	1.8	0.9
Protein (g)	0.0	0.0

Spicy Apple Vinaigrette

Walnut oil	**½ cup**
Apple cider vinegar	**¼ cup**
Organic gala apple (peeled, cored, cut into small pieces)	**1**
Paprika	**1 pinch**
Cinnamon	**1 pinch**
Salt and pepper, to taste	

Serves 8 large or 16 small (A large serving = 4 tbsp; a small serving = 2 tbsp)

Nutritional Information

(per serving)	large	small
Calories (k/cal)	132.9	66.4
Fat (g)	13.7	6.8
Saturated (g)	1.2	0.6
Monounsaturated (g)	3.1	1.6
Polyunsaturated (g)	8.6	4.3
omega-3 (g)	1.4	0.7
omega-6 (g)	7.2	3.6
Carbohydrates (g)	2.5	1.2
fiber (g)	0.4	0.2
sugars (g)	1.8	0.9
Protein (g)	0.0	0.0

Greek Vinaigrette

Extra virgin olive oil	**½ cup**
Red wine vinegar	**½ cup**
Shallots (finely diced)	**¼ cup**
Fresh basil (finely chopped)	**¼ cup**
Salt and pepper, to taste	

Serves 8 large or 16 small (A large serving = 4 tbsp; a small serving = 2 tbsp)

Nutritional Information

(per serving)	large	small
Calories (k/cal)	125.2	62.6
Fat (g)	13.5	6.8
Saturated (g)	1.9	0.9
Monounsaturated (g)	9.9	4.9
Polyunsaturated (g)	1.4	0.7
omega-3 (g)	0.1	0.1
omega-6 (g)	1.3	0.7
Carbohydrates (g)	0.8	0.4
fiber (g)	0.0	0.0
sugars (g)	0.1	0.0
Protein (g)	0.1	0.1

Caramelized Shallot Vinaigrette

Cold-pressed sesame seed oil	**½ cup**
Shallots (rough chopped)	**¼ cup**
Honey	**1 tbsp**
Balsamic vinegar	**½ cup**
Italian parsley (rough chopped)	**¼ cup**
Salt and pepper, to taste	

Preheat a non-stick frying pan on medium heat. Add 1 teaspoon of the oil, shallots and honey. Sauté until the shallots are nicely browned, and then add to the blender or mini food processor. Add the remaining ingredients and purée until shallots and parsley are chopped fine. **Serves 8 large or 16 small (A large serving = 4 tbsp; a small serving = 2 tbsp)**

Nutritional Information

(per serving)	large	small
Calories (k/cal)	146.6	73.3
Fat (g)	13.6	6.8
Saturated (g)	1.9	1.0
Monounsaturated (g)	5.4	2.7
Polyunsaturated (g)	5.7	2.8
omega-3 (g)	0.0	0.0
omega-6 (g)	5.6	2.8
Carbohydrates (g)	5.7	2.9
fiber (g)	0.0	0.0
sugars (g)	4.5	2.3
Protein (g)	0.2	0.1

Honey Mustard Dressing

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Flaxseed oil	**½ cup**
Plain low-fat yogurt	**½ cup**
Garlic (minced)	**1 tsp**
Honey	**1 tbsp**
Dijon mustard	**1 tsp**
Paprika	**1 pinch**
Salt and pepper, to taste	

Serves 8 large or 16 small (A large serving = 4 tbsp; a small serving = 2 tbsp)

Nutritional Information

(per serving)	large	small
Calories (k/cal)	141.5	70.8
Fat (g)	13.9	6.9
Saturated (g)	1.4	0.7
Monounsaturated (g)	2.8	1.4
Polyunsaturated (g)	9.0	4.5
omega-3 (g)	7.3	3.6
omega-6 (g)	1.7	0.9
Carbohydrates (g)	3.4	1.7
fiber (g)	0.0	0.0
sugars (g)	3.2	1.6
Protein (g)	0.8	0.4
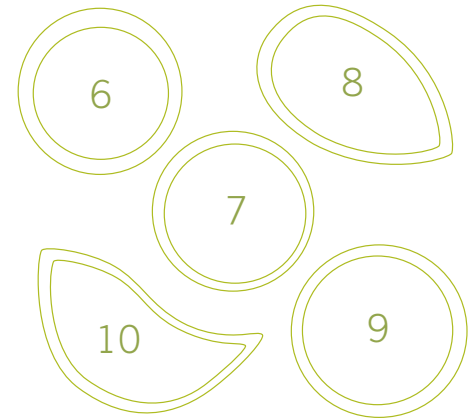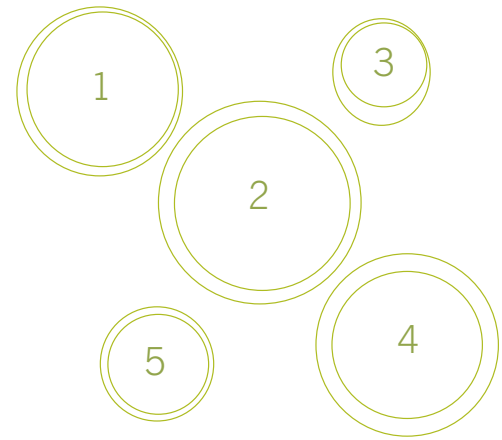
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5. **Asian Dressing**
6. **Honey Mustard Dressing**
7. **Caramelized Shallot Vinaigrette**
8. **Caesar Vinaigrette**
9. **Roasted Garlic Vinaigrette**
10. **Greek Vinaigrette**