

Homemade Creamy Salad Dressings

Culinary Medicine, Nutrition Services

Yields: 1 cup

Equipment: jar with lid or bowl and whisk

CREAMY LEMON DILL DRESSING

Ingredients

4-6 tablespoons olive oil
2 tablespoons apple cider vinegar
2 tablespoons plain Greek yogurt
1 teaspoon dill, fresh or dried
1 teaspoon lemon zest
Juice of 1/2 lemon
Salt and pepper to taste

Instructions

Ball jar method:

Place all ingredients into ball jar with lid. Shake until well incorporated and serve. This will last in your fridge for up to 2 weeks. Just let dressing come to room temperature before you shake and serve.

Bowl method:

Place all ingredients except oil and whisk well. While whisking drizzle oil in, in a steady stream to emulsify. Season and serve.

See variations on the back!



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TAHINI LEMON DRESSING

Ingredients

2 tablespoons tahini
1/2 cup full fat Greek yogurt
1/2 lemon, juiced
1/2 teaspoon cumin

TURMERIC LIME DRESSING

Ingredients

4-6 tablespoons olive oil
2 tablespoons rice wine vinegar
1 teaspoon turmeric
2 teaspoon fresh ginger
1 tablespoon maple syrup
1 lime, juiced, zest
Salt and pepper to taste



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