

Creamy Fresh Herb Dressing

Serves 4. Makes ½ cup. Hands-on time: 7 minutes. Total time: 7 minutes.

This herbed dressing can also be transformed into a must-have crudité dip for get-togethers or smart snacking. Simply thicken the mix by increasing the amount of Greek yogurt to ¾ cup.

INGREDIENTS:

- 6 tbsp nonfat plain Greek-style yogurt
- 2 tsp fresh lemon juice
- 1 tsp raw organic honey
- 1 tsp Dijon mustard
- 1 tsp parsley, chopped
- 1 tsp fresh dill, snipped or chopped
- 1 tsp lemon zest
- Fresh ground black pepper, to taste

INSTRUCTIONS:

In a small bowl, whisk together all ingredients until blended. Refrigerate until serving or use immediately. Store in a sealed container in refrigerator for up to 5 days.

Nutrients per 2-tbsp serving: Calories: 25, Total Fat: 0 g, Sat. Fat: 0 g, Carbs: 3 g, Fiber: 0 g, Sugars: 1 g, Protein: 2 g, Sodium: 40 mg, Cholesterol: 0 mg

Rice Vinegar & Wasabi Dressing

Serves 4. Makes ¼ cup. Hands-on time: 7 minutes. Total time: 7 minutes.

For a quick Asian-inspired on-the-go snack, mix this dressing with cooked brown rice and roll it up in a sheet of Nori seaweed.

INGREDIENTS:

- 2 tbsp rice vinegar
- 1 tbsp extra-virgin olive oil
- ½ tsp wasabi paste (or to taste)
- ½ tsp pure sesame oil
- ¼ tsp toasted unsalted sesame seeds
- Sea salt, to taste

INSTRUCTIONS:

In a small mixing bowl, whisk together all ingredients until blended. Refrigerate

until serving or use immediately. Oil-based dressings last longest in the refrigerator (up to 2 weeks) but should be brought to room temperature before using for best flavor.

Nutrients per 1-tbsp serving: Calories: 40, Total Fat: 4 g, Sat. Fat: 0.5 g, Carbs: 0 g, Fiber: 0 g, Sugars: 0 g, Protein: 0 g, Sodium: 75 mg, Cholesterol: 0 mg

Creamy Lemon Dressing

Serves 4. Makes ½ cup. Hands-on time: 7 minutes. Total time: 7 minutes.

Break up last night's cold cooked salmon, mix it with this fresh creamy dressing and serve it alongside rice and greens for a brand-new lunch or dinner that won't have you cringing over the thought of leftovers.

INGREDIENTS:

- 4 oz soft tofu, drained
- 1 tbsp fresh lemon juice
- 1 tsp lemon zest
- ½ tsp white wine vinegar or rice vinegar
- 1 tbsp extra-virgin olive oil
- Sea salt and fresh ground black pepper, to taste
- 1 tsp chives, chopped

INSTRUCTIONS:

1. Place tofu in a blender and process with lemon juice and zest, vinegar and oil, scraping down sides of work bowl as needed.

2. Transfer dressing to a small mixing or serving bowl and stir in salt, pepper and chives. Refrigerate until serving or use immediately. Store in a sealed container in refrigerator for 1 to 2 days (dependent on shelf life of tofu).

Nutrients per 1-tbsp serving: Calories: 50, Total Fat: 4.5 g, Sat. Fat: 0 g, Carbs: 1 g, Fiber: 0 g, Sugars: 0 g, Protein: 2 g, Sodium: 60 mg, Cholesterol: 0 mg

Basil Walnut Vinaigrette

Serves 4. Makes ¼ cup. Hands-on time: 10 minutes. Total time: 10 minutes.

Our vinaigrette doesn't just have to be added to a bed of greens to make up a satisfying and wholesome salad. Drizzle

it over cooked, cooled rice or whole-wheat pasta with fresh vegetables for an impromptu grain salad.

INGREDIENTS:

- 10 fresh basil leaves, finely chopped
- ½ clove garlic, minced
- 1 tsp Dijon mustard
- 1 tbsp wine vinegar
- 1 tbsp extra-virgin olive oil
- 2 tbsp low-sodium chicken broth
- Sea salt and fresh ground black pepper, to taste
- 1 tbsp unsalted walnuts, chopped

INSTRUCTIONS:

In a medium-size mixing bowl, add basil, garlic, Dijon, vinegar, oil, broth, salt and pepper, whisking to combine thoroughly. Stir in walnuts. Refrigerate until serving or use immediately. Store in a sealed container in refrigerator for up to 2 weeks.

Nutrients per 1-tbsp serving: Calories: 45, Total Fat: 4.5 g, Sat. Fat: 0.5 g, Omega-3s: 200 mg, Omega-6s: 990 mg, Carbs: 1 g, Fiber: 0 g, Sugars: 0 g, Protein: 0 g, Sodium: 80 mg, Cholesterol: 0 mg

Honey & White Balsamic Vinaigrette

Serves 4. Makes ¼ cup. Hands-on time: 7 minutes. Total time: 7 minutes.

White balsamic vinegar is milder and less sweet than its dark relative, making it a perfect base for dressings – it won't compete with mild herbs and seasonings.

INGREDIENTS:

- 2 tbsp white balsamic vinegar
- 2 tbsp extra-virgin olive oil
- 1 tbsp raw organic honey
- ¼ tsp mustard seeds, ground
- Sea salt and fresh ground black pepper, to taste

INSTRUCTIONS:

In a small mixing bowl, whisk together all ingredients. Refrigerate until serving or use immediately. Store in a sealed container in refrigerator for up to 2 weeks.

Nutrients per 1-tbsp serving: Calories: 90, Total Fat: 7 g, Sat Fat: 1 g, Carbs: 6 g, Fiber: 0 g, Sugars: 5 g, Protein: 0 g, Sodium: 50 mg, Cholesterol: 0 mg

