

Quick and Healthy Oil-Free Salad Dressings

The formulas below produce salad dressings that allow the flavors of your salad vegetables shine rather than cover them up and make the whole salad taste like the dressing (think balsamic vinaigrette vs ranch). The measurements are approximate, but will yield enough dressings for one large salad shared by 4 people. Feel free to adjust the proportions to your taste.

1. 2 tbsp balsamic vinegar + 1 tsp Dijon mustard + ½ tsp agave/maple syrup + 2 Tbsp water. Whisk together and add to your salad before serving.
2. 2 Tbsp balsamic/apple cider vinegar + 1-2 tsp fruit preserves of your choice + 2 Tbsp water. Whisk and add to your salad.
3. 1 Tbsp rice vinegar + 1 Tbsp lime juice + 1 tsp agave syrup + dash of turmeric + dash of ground ginger (or ½ tsp fresh grated ginger) + 1 Tbsp chopped fresh scallions (green parts) (optional) + 2 Tbsp water = light Asian-inspired vinaigrette dressing. Whisk and add to your salad.
4. 2 Tbsp apple cider vinegar + 1 tsp mustard + ½ tsp agave/maple syrup + dried Italian herbs of choice + 2 Tbsp water. Whisk and allow to rest for 5-10 min before adding to your salad.
5. 1 Tbsp hummus + 1 tsp lemon/lime juice + ½ to 1 tsp agave/maple syrup + 2 Tbsp water. Whisk and add to your salad before serving.
6. 1 Tbsp tahini + 1 tsp lemon/lime juice + ½ tsp agave syrup + 2 Tbsp water. Whisk and add to your salad.
7. 2-3 tbsp of your favorite salsa, added directly to your salad before serving.
8. ¼ – ½ ripe avocado, massaged into the greens of your salad before the rest of the vegetables are added, then topped with a squeeze of lemon/lime juice. Note: this works best on thicker-textured greens like kale.
9. 2 Tbsp of hummus, massaged into the greens the same way as in #8 above, then topped with a squeeze of lemon/lime juice. The same note applies as above.
10. A generous squeeze of fresh lemon or lime juice all over your salad right before serving. I find that this method works best on smaller, individually served salads.

Special thanks to Alina Zavatsky of Vegan Runner Eats -- <https://www.veganrunnereats.com> -- for creating these formulas and allowing us to share them with others.