BLESS THIS MESS

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Staple Salad Dressings

bit.ly/staplesaladdressings



FOR ALL RECIPES

Whisk or blend together all ingredients. Store in small container (wide-mouth half-pint mason jars are perfect) in the refrigerator for 1-2 weeks.

Makes between 3/4 to 1 cup of dressing.

Classic Ranch



PERFECT FOR COB AND CHICKEN SALADS, TO DIP FRIES IN, AND OVER ANY SALADS WITH ROMAINE OR OTHER LEAF LETTUCES

1/3 cup buttermilk | 1/3 cup mayonnaise | 2 tablespoons chives
2 tablespoons chopped parley | 1 teaspoon dried dill weed
1/4 teaspoon kosher salt and pepper | 1/4 teaspoon garlic powder



Roasted Garlic

MAKES A GREAT MARINADE FOR CHICKEN BREAST OR SERVED OVER ROASTED VEGETABLES

1 head roasted garlic (Drizzle with olive oil, wrap in aluminum foil, and roast at 400° for 35 minutes. Cool and squeeze out the cloves.)

2 tablespoons red wine vinegar
2 teaspoons Dijon mustard
3 tablespoons freshly grated Parmesan
1/3 cup olive oil
1/2 teaspoon kosher salt and pepper



Creamy Italian

EXCELLENT ALL-PURPOSE DRESSING AND MARINADE

1/4 cup mayonnaise
2 tablespoons red wine vinegar
2 tablespoons sour cream
2 tablespoons olive oil
1 teaspoon Italian seasoning
1 clove garlic
1/4 teaspoon kosher salt
1 tablespoon chopped parsley



Asian Sesame

EXCELLENT ON ASIAN-INSPIRED NOODLES AND CHICKEN SALADS

2 tablespoons cider vinegar
1 tablespoon honey
1 1/2 teaspoons grated, peeled ginger
2 tablespoons sesame oil
1/3 cup vegetable oil
1/2 teaspoon kosher salt
1/4 teaspoon garlic powder
1/2 teaspoon pepper



Peanut Lime

GREAT ON "QUINOA" BOWLS (ROASTED VEGGIES/PROTEIN/ QUINOA) AND FISH

1/4 cup creamy peanut butter
2 tablespoons water
Juice of one lime
1 tablespoon rice vinegar
1 tablespoon white vinegar
1 tablespoon chopped, peeled ginger
1 tablespoon soy sauce
1 tablespoon honey



Honey Mustard

SO EASY, SUPER CLASSIC GOOD ON EVERYTHING

2 tablespoons honey
2 tablespoons Dijon mustard
2 tablespoons white vinegar
1/4 cup olive oil
1/2 teaspoon kosher salt
1/2 teaspoon pepper



Honey Poppy Seed

GREAT ON SALADS WITH BERRIES AND OTHER SWEET FRUITS

2 teaspoons black poppy seeds
3 tablespoons apple cider vinegar
1 tablespoon honey
1 teaspoon Dijon mustard
1/2 teaspoon kosher salt
1/3 cup olive oil



Classic Vinaigrette

GREAT ON FRESH VEGGIES, SALADS, AND SANDWICHES

2 tablespoons red wine vinegar
2 teaspoons Dijon mustard
1/3 cup olive oil
1/2 teaspoon kosher salt
1/2 teaspoon pepper



Creamy Blue Cheese

THE PERFECT DIP FOR EVERYTHING! MAKE WITH FETA INSTEAD OF BLUE CHEESE FOR A MILDER TASTE

1/4 cup buttermilk
1/4 cup sour cream
1/2 cup crumbled blue cheese
Juice from 1/2 lemon
1/2 teaspoon kosher salt
Hot sauce, to taste