



Oil-Free Salad

Dressings

That'll Wow Your Taste Buds

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Compiled by Trevor Justice
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What's Wrong With Oil?

Salads are great. However, most salad dressings are made with oil. What's wrong with that?

Oil has no fiber, no protein, no minerals, and fewer vitamins than the food it comes from. It's not only a fractured food. It's 100% fat. So anytime you use more than a smidgeon of oil, the amount of fat in your meal skyrockets!

For example, if you pour just 1 tablespoon of olive oil over 2 cups of shredded romaine lettuce, you'll get 16 calories from the lettuce and 119 calories from the oil.ⁱ

In other words, 88.1% of your calories are from fat! That's not just troubling for folks who want to lose weight. It's unhealthy for all of us. Why?

Too much fat in your diet puts you at risk for heart disease, cancer and diabetes.ⁱⁱ (Yes, even too much "good" fat like olive oil and flax oil.)

In his book, Healthy At 100, John Robbins studied the societies that live the longest and remain the healthiest — even well past 100 years of age.

These societies consume between 15% and 20% of their calories from fat.ⁱⁱⁱ Respected doctors like Dr. Dean Ornish, Dr. John McDougall, and Dr. Michael Klaper all recommend keeping your fat intake in this same low range to minimize your risk of heart disease, cancer and type 2 diabetes.

That's why we created this book!

In the first half, you'll find dressing recipes with NO fatty ingredients. If you want to lose weight, or you like to lavish dressing all over your salad, these are the dressings we recommend. They don't have many calories.

In the second half, you'll find dressing recipes that are oil-free, but get their creamy texture from ingredients like avocados, nut butters, and tofu.

These foods are more nutritious than oil, but they're high in fat. Avocados and tahini are about 80% fat. Tofu is about 50% fat. So these dressings should be used in moderation.

Notice that all of these recipes contain lemon juice, vinegar, or Vitamin C foods like tomatoes or orange juice. These acidic ingredients help you absorb more iron from the greens in your salad. To

learn more about getting enough iron on a plant based diet, check out Lesson 7 of [The Vegetarian Mastery Program](#). It's called: "**How To Absorb More Iron From Your Meals**".

Lesson 7 teaches you how to combine foods so you absorb more iron from your meals. Plus, which foods and beverages interfere with iron absorption, and which food prep methods release iron-blockers from whole grains, nuts, seeds, and legumes. You'll also get delicious recipes that employ the "magic food combinations" we teach.

PART 1: FAT FREE DRESSINGS

Sweet and Sour Dressing

By Sergei and Valya Boutenko www.rawfamily.com

This dressing has no fatty foods, yet it's surprisingly rich. The tanginess of the tomatoes and lemon juice is offset by the honey.

2 large ripe tomatoes, chopped
1/2 bunch basil
3 to 4 Tbsp honey (or sweetener of your choice)
1 to 2 tsp salt
1/4 cup lemon juice
4 cloves garlic

Simple Red Pepper Sauce

By Jill Nussinow, RD www.theveggiequeen.com

This recipe doesn't contain fatty ingredients. But it's amazingly rich and tangy. And if you cut the vegetable stock in half, it can be used as a dipping sauce.

1 cup roasted red pepper, chopped
1/4 cup chopped green onions
1 clove garlic, chopped
3/4 cup vegetable broth
2 Tbsp each orange juice and vinegar
2 Tbsp packed basil leaves, freshly chopped
2 Tbsp Italian parsley
2 tsp soy sauce or Tamari

To save time, you can buy roasted red peppers in a jar. But if you want to roast red peppers yourself, here's how.

- 1) Roast them over a gas burner or outdoor grill by putting it right on the flame until it's charred all over.
- 2) If you don't have an open flame, cut the peppers in half and put them under the broiler until they get charred. If they are small peppers, you can broil them whole. If you don't have a broiler, roast them at 450 degrees until they start crisping.
- 3) Put the peppers into a covered bowl or paper bag, and let them steam until they're cool enough to handle.

4) Peel off the charred part with your fingers. Don't run it under water, but do clean your hands before doing anything else.

5) Blend all ingredients. When blending, start with half the vegetable stock. Then add more until you achieve the texture you desire. Makes about 1-1/2 cups.

Blend all ingredients. Makes about 4-1/2 cups

Fennel-Lemon Dressing

By Nomi Shannon www.rawgourmet.com

3 cups grated fennel
1 teaspoon ground fennel seeds
2 Tablespoons lemon juice
1 large clove or 2 medium cloves garlic (editor's suggestion)
½ tsp sea salt (editor's suggestion)
Water
optional: a few drops of stevia

Combine the fennel with the lemon juice and enough water in a blender to allow the machine to operate. (Start with ½ cup water.) Blend until smooth. Add the remaining ingredients and blend until smooth.

Fruity Dressing

By Nomi Shannon www.rawgourmet.com

Makes ½ cup dressing

¼ cup fresh lemon juice
¼ cup fresh orange juice
2 teaspoons chopped fresh mint
¾ teaspoon cumin
Dash of Cayenne

Add all ingredients to a small bowl, whisk with a fork, pour over salad immediately. Or put contents in a jar and shake well then serve.

Chilled Cucumber Dressing

By Nomi Shannon www.rawgourmet.com

1 large cucumber, peeled and cut in chunks
1 small garlic clove, chopped

½ cup fresh mint or other fresh herb such as dill, cilantro or basil
3 Tablespoons chopped onion or to taste
½ teaspoon sea salt

Combine all ingredients in a blender and blend until smooth. Taste and adjust seasonings.

Oriental Dressing

By Deepa Deshmukh www.dupagedietitians.com

4 tsp organic tamari or soy sauce
2 tsp rice wine vinegar
A few red pepper flakes
4 to 6 pinches garlic powder (optional)

Whisk everything together and store in the refrigerator. Serves 2.

Creamy Roasted Red Pepper Dressing

By Deepa Deshmukh www.dupagedietitians.com

1/2 cup roasted red peppers
1 clove of garlic
1/4 tsp lemon juice
Salt and generous amount of black pepper

Puree everything in a blender until smooth. Store it in a dry glass jar in your refrigerator. Or freeze it in an ice cube tray, then cover the tray with plastic wrap so the contents don't dry out. Serves 2.

Sweet Sour and Spicy Dressing

By Deepa Deshmukh www.dupagedietitians.com

2 medium size ripe red tomatoes
1 tsp raisins
1/2 tsp ginger
1 to 2 Tbsp water
Pinch of chili powder
Salt to taste

Dice the tomatoes. Combine all of ingredients in a pan and cook on medium heat until tomatoes are cooked. It may take up to 5 minutes. Allow the mixture to cool. Puree it in your blender. Store it in a glass jar in your refrigerator. Or freeze it in an ice cube tray, then cover the tray with plastic wrap so the contents won't dry out. Serves 2.

Meredith McCarty's Formula For Whipping Up Fat-Free Dressings Instantly

Choose one ingredient from each of the 3 categories below and combine them to make a dressing. For example, you could combine soy sauce, lemon juice, and maple syrup. For simplicity, start with equal volumes of each ingredient, and then vary quantities to your taste. Store dressings in the refrigerator.

1. Tart seasonings: citrus juice (lemon, lime or grapefruit) or vinegars. Meredith's favorites are balsamic, brown rice, apple cider, red wine, and white wine vinegars.
2. Salty seasonings: natural soy sauce, tamari, umeboshi vinegar, miso, or sea salt
3. Sweet seasonings: brown rice syrup, maple syrup, mirin (Japanese sweet rice cooking wine), agave nectar or honey

These tips are courtesy of Meredith McCarty www.healingcuisine.com

If you want to learn more about cooking without oil, you'll love Lesson 28 of [The Vegetarian Mastery Program](#). It's called: "12 Ways To Make Leafy Greens Delicious Without Drenching Them In Oil"

In it, you'll discover several ways to dress salads without oil, four yummy ways to sneak greens into your daily meals, and how to make "wrap" sandwiches using collard greens instead of flat breads. Plus much more.

In fact, here are two tips from that lesson... two ways to make flavorful salads with no dressings at all:

- 1) Combine leafy greens with chopped fruit and/or raisins. (Then it's a cross between a green salad and fruit salad.)
- 2) Top leafy greens with olives, capers, salsa, or raw sauerkraut. Olives are high in fat, but not nearly as high as oil!

PART 2: DRESSINGS MADE FROM FATTY WHOLE FOODS

Guacamole

By Nomi Shannon www.rawgourmet.com

Serves 1-2.

Although it's thicker than traditional dressings, guacamole provides a rich creamy topping for any salad. Avocados provide the fat and lemon juice provides the tanginess.

Meredith McCarty likes to point out that while avocado is very nutritious, it has as much fat as cream cheese; about 80% of the calories in avocado are from fat.

However, topping your salad with guacamole is far less fattening than chopping avocado into your salad, and then pouring traditional oil-based dressing over that!

Ingredients:

1 avocado, chopped
1 red pepper, chopped
1 scallion, chopped
1 celery stalk, chopped
1 clove garlic, minced
3 Tablespoons lemon juice
½ teaspoon Tamari or soy sauce, or more to taste
Pinch cayenne

Preparation:

- 1) In a bowl, mash the avocado and lemon juice with a fork.
- 2) Then mix in the other ingredients.
- 3) Taste and adjust the seasonings.

Indonesian Yum-Yum Dressing

By Nomi Shannon www.rawgourmet.com

If your mouth waters when you hear the words “Thai Peanut sauce”, this healthier version will be a Godsend for you. It tastes great over raw salads and steamed vegetables alike.

Unlike almond oil, which is 100% fat, almond butter provides all of the fiber, vitamins, and minerals of whole almonds — which are one of the only alkaline nuts.

Almond butter has two benefits over peanut butter. First, unlike peanuts, almonds are alkaline-forming, not acid-forming.

Second, almonds don't contain the carcinogenic "aflatoxin" from a fungus naturally occurring in peanuts. Although peanut crops are inspected for this fungus, a certain percentage is "allowed".

Ingredients:

½ cup water
3 Tablespoons raw almond butter
2 teaspoons of your favorite liquid sweetener
1 teaspoon Nama Shoyu or Tamari
½ teaspoon Chinese 5 spice powder
1 clove garlic, chopped
1 teaspoon ground flax seeds, see note

Preparation:

- 1) Combine all ingredients in a blender. Blend well.
- 2) Refrigerate.

Note: to grind flax seeds, place in a clean electric coffee grinder and grind until powdered.

Lemon-Miso-Tahini Dressing & Fresh Dill

By Meredith McCarty www.healingcuisine.com

Makes ½ to ¾ cup.

Tahini is a purée of hulled sesame seeds. Because the kernels have been removed, tahini doesn't contain all of the seed's original fiber. But it's still closer to being a whole food than sesame oil. It's more bitter than almond butter, but equally creamy. Like avocado, it contains 80% calories from fat.

Ingredients:

¼ cup sesame tahini
2 Tablespoons lemon juice
1 Tablespoon any light-colored miso
1 Tablespoon fresh dill, minced
1 clove garlic, minced or pressed
3-4 Tablespoons water, start with less

Preparation:

If you chop the dill and garlic finely, you can whisk the ingredients together in a bowl, adding water gradually until you achieve the texture you desire.

Alternative While this dressing is too thick for most regular blenders to puree, if you have a Vitamix, you can blend it all without having to chop the garlic and dill so finely.

Editor's suggestion: Add a little more dill and a pinch of sea salt.

Trevor's Tangy Tahini Dressing

In this dressing, tahini provides the fat and an orange provides the tanginess. I like to use a whole orange. But you can also use 1 cup of orange juice.

Ingredients:

1 orange, peeled and pulled apart into wedges
1 scallion
½ cup tahini
½ cup tightly packed cilantro
½ tsp sea salt

Preparation:

- 1) Combine the orange, scallion, cilantro, and sea salt together in a blender and puree.
- 2) Add the tahini and blend again. If you start with the tahini, your blender may have a hard time.

Elaina's Thai Dressing

By Elaina Love www.purejoyplanet.com

Ingredients:

¾ cup raw tahini
¼ cup grated ginger
6 Tablespoons lemon juice
¼ cup agave nectar
6 Tablespoons tamari
2 cloves garlic
1 cup shredded coconut
1 jalapeno pepper with seeds, chopped
2 cups water

Preparation:

Blend all ingredients together to make dressing. If your blender is not particularly strong, add the Tahini after everything else is well-blended.

Creamy Ranch Dressing

By Meredith McCarty www.healingcuisine.com

Makes 1½ cups.

Although tofu isn't quite a whole food, it's more nutritious and lower in fat than oil. It also makes wonderful creamy dressings. It replaces buttermilk and mayonnaise in this popular dairy-free version of the classic Midwestern salad dressing.

Because tofu is naturally high in fat — about 50% — there's no need for oil in tofu dressings. Tofu made with Calcium Sulfate has 50% calories from Fat, 40% calories from Protein, and 10% calories from Carbohydrate.

Tofu made with Nigari has 56% calories from Fat, 38% calories from Protein, and 6% calories from Carbohydrate.

Ingredients:

½ pound tofu, about 1 cup, fresh, any texture except extra firm
1 green onion, sliced
1 Tablespoon parsley
1 Tablespoon fresh dill or 1 teaspoon dry dill
1 clove garlic
1½ Tablespoons lemon juice
1 Tablespoon umeboshi (pickled plum) paste
1 teaspoon natural soy sauce
2 teaspoons brown rice vinegar
¼ teaspoon white pepper
¼-½ cup water

Preparation:

Purée dressing ingredients, adding water gradually, until smooth.

ⁱ USDA Report of the Dietary Guidelines Advisory Committee (DGAC) on the Dietary Guidelines for Americans, 2010, Part D, Section 2: Nutrient Adequacy

ⁱⁱ Meredith McCarty, The Vegan/Vegetarian Mastery Program, *Lesson 24: 12 Ways To Make Leafy Greens Delicious Without Drenching Them In Oil*, www.veghealth.com/members, (2010).

ⁱⁱⁱ John Robbins, *Healthy at 100* (New York: Ballantine Books, 2006) p57