

## Homemade Salad Dressings for Green Salad

Use a variety of greens (spinach, Romaine lettuce, leaf lettuce, etc).  
Add any other raw vegetables you like and try one of these dressings.

*Raspberry Vinaigrette (Makes 2½ cups but recipe can be cut in half.)*

¼ cup olive oil

1 cup seasoned rice vinegar

1 10-ounce jar seedless raspberry jam

½ teaspoon salt

Combine all ingredients in the container of a blender, process until smooth.  
Store in the refrigerator for up to 2 months. Shake well before serving.

### **Nutrition Information**

Per serving (1 Tablespoon): Calories: 40; Fat: 1.4 gm; Saturated Fat: 0; Carbohydrate: 7 gm; Sodium: 35 mg; Fiber: 0



### *Lime Cilantro Vinaigrette (Makes $\frac{3}{4}$ cup)*

$\frac{1}{4}$  cup real lime juice (juice of one lime)

2 Tablespoons white vinegar

$\frac{1}{2}$  bunch cilantro, chopped

1 Tablespoon brown sugar

1 clove garlic, minced or pressed

$\frac{1}{4}$  teaspoon salt

$\frac{3}{4}$  teaspoon spicy brown mustard

$\frac{1}{3}$  cup olive oil

#### **Nutrition Information**

Per serving (1 Tablespoon): Calories: 58; Fat: 6 gm;

Saturated Fat: 1 gm; Carbohydrate: 1.6 gm;

Sodium: 52 mg; Fiber: 0

Place lime juice, vinegar and cilantro in blender and blend until smooth. Add brown sugar, garlic, salt and spicy mustard, blend again until smooth. Drizzle in olive oil with blender running, blend until thoroughly mixed. Store in the refrigerator for up to 2 months. Shake well before serving.

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## Homemade Salad Dressings for Green Salad

### *Balsamic Vinaigrette (Makes 10 servings)*

- 3 Tablespoons balsamic vinegar
- 1 teaspoon Dijon mustard
- 2 Tablespoons minced onion or chives
- 2 cloves garlic, minced or pressed
- 1/4 teaspoon ground cumin
- 1/8 teaspoon crushed red pepper flakes
- 1/3 cup olive oil
- 1/4 teaspoon salt

Whisk all ingredients except oil. Slowly drizzle in oil, whisking constantly until mixed and for a minute more. Let dressing set for 10 minutes or more to develop flavors. Store in the refrigerator for up to 2 months. Shake well before serving.

### **Nutrition Information**

Per serving (1 Tablespoon): Calories: 64; Fat: 7 gm; Saturated Fat: 1 gm; Carbohydrate: 0; Sodium: 70 mg; Fiber: 0



### *Maple Balsamic Vinaigrette (Makes 1<sup>1</sup>/<sub>4</sub> cup)*

1/2 cup balsamic vinegar

1/4 cup real maple syrup

2 teaspoons Dijon mustard

1/2 cup olive oil

1/8 teaspoon salt

Pepper to taste

Place all ingredients except oil in a blender. Pulse to combine, then drizzle in the oil while blending. Blend until thoroughly mixed. Store in the refrigerator for up to 2 months. Shake well before serving.

### **Nutrition Information**

Per serving (1 Tablespoon): Calories: 58; Fat: 5 gm; Saturated Fat: 1 gm;  
Carbohydrate: 3 gm; Sodium: 27 mg; Fiber: 0

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