

Sauces to add to your salads or vegetables

The following dressings and sauces are very easy to prepare and keep for several days. They add variety with little effort. Adjust them to your taste.

The vinaigrette is a base sauce – you can add any flavor you like (curry powder, cilantro, Italian seasoning and anchovy paste, etc.) The other sauces add a Middle Eastern or a Japanese flavor to your foods

Vinaigrette

- 1/4 cup fresh lemon juice (or vinegar) (preferred: apple cider vinegar)
- 3/4 cup oil (olive oil preferred or avocado, walnut, sesame or combination of these oils)
- 1-2 Tbs mayonnaise
- 1-2 tsp Dijon mustard (optional, I prefer not to use yellow mustard)
- 1-2 medium to large cloves of garlic
- 1-2 Tbs nutritional yeast extract or flakes (optional –this rounds up the recipe's flavor and is full of B vitamins that support the benefits of this salad)
- Salt and pepper to taste

Making the Vinaigrette

- Pour 1/4 cup of fresh lemon juice (or vinegar) into a small bowl or jar with a tight fitting lid.
- Season the fresh lemon juice (or vinegar) with salt, pepper, garlic and optional nutritional yeast
- Whisk/mix in the mayonnaise and mustard.
- Quickly whisk in the oil (about 3/4 cup) a bit at a time, tasting as you go
- Adjust the flavor to your taste by adding fresh lemon juice (or vinegar), oil or salt.

Two tricks to make it simpler to make a vinaigrette:

- If using a jar, pour everything in together, tightly seal the jar and shake until well mixed. You might need to finish mixing with a whisk or fork

- TRICK: You can use a mayonnaise or jar with the same opening size, and instead of the lid, screw in the blades of a blender. Then invert the jar with the blades unto the blender and turn on. NOTE: make sure to leave some empty space in the jar to do the blending.

Notes

- This vinaigrette can serve as the basis for other salad dressings. You can add a little curry, herbs or other flavorings. The trick is to use approximately twice as much oil as fresh lemon juice (or vinegar)

Smoked Tahini sauce (Tahini is ground sesame seed)

Great to add to vegetables or finger foods

½ cup Tahini

½ cup of water

2 Tbsp fresh lemon juice

1 tsp salt or soy sauce (best if Tamari no wheat soy sauce; or if Real salt with all the minerals)

2 tsp smoked paprika

1 tsp ground cumin

½ tsp chili powder

Mix everything in a food processor or whisk. If you warm it up it will be easier to mix.

Lasts a long time in the refrigerator

Vinaigrette-based green sauce (great with steamed cauliflower)

Use the vinaigrette recipe below, but add

- ¼ cup of onion
- A large bunch of Italian parsley
- Optional: a hard-boiled egg

Serve on top of steamed cauliflower with hard boiled eggs and fresh tomatoes

Ginger Soy (Tamari) sauce - great for all sorts of vegetables – adjust to your taste

1 large garlic clove, minced
1/4 cup tamari (soy sauce)
1/4 cup water
1-2 TBS grated fresh ginger
2 tsp sesame oil
1 TBS tahini (ground sesame) or ¼ cup of soft tofu
Optional: add 1 tbsp or rice vinegar and 1 tbsp of honey

Whisk everything together in a blender or food processor

Classic Chimi Churri Sauce – This is a classic from South America

This sauce involves a lot of fine chopping but keeps for weeks in the refrigerator. It is great for grilled vegetables or meats. Please adjust it to your taste.

- 1 bunch of parsley, about ½ cup finely chopped
- 2 tablespoons finely chopped fresh oregano
- 3 garlic cloves, crushed
- ½ cup finely diced or minced onions (can be green onions)
- 1 small red chili pepper or pepper flakes (to decrease the heat of peppers remove the seeds and inner veins)
- 2 tablespoons red wine vinegar
- 1 tablespoon fresh lemon juice (grate the zest first to add to the mixture)
- ½ cup of olive oil
- Optional: ¼ cup of red wine
- Salt and pepper to taste