

Jen's top 5 super-delicious dressings to reform your salads!

1. Classic Caesar

- 3 garlic cloves, chopped
- 4 anchovy fillets, chopped
- 1/4 cup fresh-squeezed lemon juice
- 1 tablespoon Dijon mustard
- 1/2 cup extra virgin olive oil
- freshly ground black pepper to taste

Blend until smooth in a food processor or Vitamix blender.

2. Classic Greek

- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 1/2 teaspoon Dijon mustard
- 1/4 cup red wine vinegar
- 1 teaspoon Celtic sea salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup good olive oil

Whisk together the garlic, oregano, mustard, vinegar, salt and pepper in a small bowl. Still whisking, slowly add the olive oil to make an emulsion.

3. Classic Asian

- 1 tbsp raw maple syrup
- 1/4 cup rice wine vinegar
- 1/4 cup toasted sesame oil
- Celtic sea salt
- Freshly-ground black pepper

Whisk ingredients in a mixing bowl and enjoy.

4. Sweet balsamic vinaigrette

- 1/4 c olive oil
- 1/3 c balsamic vinegar
- 1 tbsp raw honey
- 1 minced shallot,
- Celtic sea salt & fresh black pepper to taste

Add ingredients to a shaker bottle and shake well. Add to mixed greens, topped with roasted beets, red onion, walnuts and goat cheese.

5. Creamy Dijon

1 garlic clove, minced
1 tablespoon Dijon mustard
1/4 cup raw apple cider vinegar
1 tablespoon raw honey
1/3 cup extra virgin olive oil
pinch of fine Celtic sea salt

Whisk all ingredients together and enjoy.