

Better Way to Wellness

- Get Nourished... Be Well

WCRC Cooking Club Salads and Salad Dressings

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Basic Vinaigrette Salad Dressing Template

Traditional Ratio: 3 parts Oil to 1 part Vinegar

small batch	large batch	ingredient
3 Tablespoon to 1/4 cup	3/4 cup	oil (combination of flavored and neutral oils)
1 Tablespoon	1/4 cup	vinegar
1 teaspoon	1 Tablespoon	extras
1 teaspoon	1 Tablespoon	sweetener (optional)
		sea salt and pepper to taste

Flavored Oils: Extra Virgin Olive Oil, Hazelnut, Walnut, Lemon, Orange
Neutral Oils: Sunflower, Safflower, Grapeseed

Vinegars: Red wine, white wine, champagne, sherry, apple cider, balsamic, etc
Infused vinegars: herb, citrus, fruits, berries

Extras: Dijon mustard, whole grain mustard, dried or fresh herbs, finely minced
ginger, spices: cumin, curry, turmeric; diced shallot, garlic or onion

Sweetener: honey, maple syrup, pomegranate molasses, orange or apple juice

Balsamic Honey Vinaigrette

3 tablespoons balsamic vinegar
1 tablespoon honey, raw
1 teaspoon Dijon mustard
1 garlic clove, minced (optional)
1/2 cup extra virgin olive oil
Salt and freshly ground pepper

In a small bowl, combine the vinegar, honey, mustard, and garlic. Add the oil in a
slow steady stream, whisking constantly. Season with salt and pepper to taste.

Makes about 3/4 cup.

Mixed Greens with Pears, Walnuts and Blue Cheese with Balsamic Vinaigrette

8 cups of mixed greens
2 pears, cored and sliced
½ c walnuts, roughly chopped
1/3 cup crumbled blue cheese
½ cup dried cranberries
Balsamic vinaigrette to taste

Hearts of Romaine with Creamy Lemon Parmesan Dressing and Crispy Garlic Croutons

Chop romaine into bite size pieces, wash and spin dry.

Croutons:

¼ cup extra virgin olive oil
2 cloves of garlic smashed
1 cup diced baguette
sea salt and pepper

Warm olive oil and garlic in a small pan. Cook garlic until light golden brown. Remove from heat. Place diced baguette in a bowl and pour garlic oil over the bread. Toss with a pinch of salt and pepper. Spread on a baking pan and put into a 325 oven for 10 to 15 minutes or until crispy and golden brown.

Creamy Lemon Parmesan Dressing:

1 small lemon peeled, cut in to chunks and seeded
2 teaspoons of Dijon mustard
½ cup extra virgin olive oil
¼ cup sunflower oil or other neutral oil
1 tablespoon red wine vinegar
½ cup grated parmesan
½ teaspoon salt
¼ teaspoon fresh ground pepper

Put lemon chunks, Dijon and oils into a blender jar. Blend on high until well blended. Add remaining ingredients and blend until just mixed. Taste and season with additional salt and pepper if needed.

Tuna and Egg Salad with Green Beans and Olives on a Bed of Greens

1 can of tuna, drained and flaked
2 boiled eggs, chopped
1 stalk of celery, finely diced
1/3 cup green beans, cooked and cut into 1/4" pieces
1/4 cup chopped black olives (kalamata or nicoise)
1 tablespoon mayonnaise
1 tsp Dijon mustard
1 tsp red wine vinegar
sea salt and pepper to taste

1 head of lettuce, washed
4 lemon wedges

Combine all of the tuna and egg salad ingredients. Season with sea salt and fresh ground pepper to taste. Arrange lettuce on four salad plates. Mound tuna salad on top. Serve with lemon wedges on the side.