

Salad Dressing Recipes

Floating Cloud Miso Dressing

Number of Students	35	65	100	135
Oil (cup)	1 ½	3c	4 ½	10
Tahini (tsp/T)	1 T	2 T	3T & 1 t	4 T & 2 t
Lemon juice (cup)	½	1	1 ½	2
Miso (cup)	½	1	1 ½	2
Water (cup)	1	2	3	4
Dry mustard (tsp)	¾	1 ½	2 ¼	3
Powdered ginger (tsp)	¾	1 ½	2 ¼	3

Place all ingredients into blender and blend until smooth.

Garden Dressing

Number of Students	35	65	100	135
Vinegar (cup)	½	1	1 ½	2
Garlic cloves (each)	4	8	12	16
Oil (cup)	2 ½	5	7 ½	10
Salt and Pepper (tsp)	1	2	3	4
Mustard (tsp)	1	2	3	4
Tarragon (T)	1	2	3	4
Basil (tsp)	½	1	1 ½	2
Oregano (T)	½	1	1 ½	2
Sugar (T/cups)	2 T	½ c	1/3 c 1 T	½ c

Place all ingredients into blender and blend until smooth.

Lemon Tahini Dressing

Number of Students	35	65	100	135
Water (cups)	2 ¾ c	5 ½ c	8 ¼ c	11 c
Tahini (cups)	2 ¾ c	5 ½ c	8 ¼ c	11 c
Lemon Juice (cups)	2/3 c	1 1/3 c	2 c	2 2/3 c
Parsley, chopped (cups)	1/3 c	¾ c	1 1/3 c	1 ¾ c
Cumin (tsp)	½ t	1 t	1 ½ t	2 t
Celery seeds (tsp)	½ t	1 t	1 ½ t	2 t

Place all ingredients into blender and blend until smooth.

Sunflower Dill Dressing

Number of Students	35	65	100	135
Sunflower seeds (cup)	$\frac{3}{4}$	1 $\frac{1}{2}$	2 $\frac{1}{4}$	3
Vinegar (cup)	$\frac{1}{2}$	1	1 $\frac{1}{2}$	2
Water (cup)	2	4	6	8
Dill weed (T)	1	2	3	4
Tamari (tsp)	1	2	3	4
Sugar (T)	1	2	3	4

Place sunflower seeds in blender (half at a time) to a fine powder. Add remaining ingredients to the blender and blend until smooth.

Sunflower Tamari Dressing

Number of Students	35	65	100	135
Sunflower seeds (cup)	$\frac{3}{4}$	1 $\frac{1}{2}$	2 $\frac{1}{4}$	3
Tamari (cup)	$\frac{1}{2}$	1	1 $\frac{1}{2}$	2
Vinegar (cup)	$\frac{1}{2}$	1	1 $\frac{1}{2}$	2
Oil (cup)	$\frac{1}{2}$	1	1 $\frac{1}{2}$	2
Brown sugar or Molasses (cup)	$\frac{1}{2}$	1	1 $\frac{1}{2}$	2
Yoghurt (optional) (cup)	1	2	3	4

Blend the seeds in the tamari & vinegar until smooth. Blend in the oil & honey till smooth. Add the yoghurt by hand.

Tamari Herb Dressing

Number of Students	35	65	100	135
Oil (cup)	$\frac{1}{4}$	$\frac{1}{2}$	$\frac{3}{4}$	1
Apple Cider Vinegar (cup)	1 $\frac{1}{2}$	3	4 $\frac{1}{2}$	6
Tamari or soy sauce (cup)	1 $\frac{1}{2}$	3	4 $\frac{1}{2}$	6
Brown sugar (cup)	$\frac{1}{4}$	$\frac{1}{2}$	$\frac{3}{4}$	1
Sunflower seeds (cup)	$\frac{1}{2}$	1	1 $\frac{1}{2}$	2
Basil (tsp)	1	2	3	4
Oregano (tsp)	1	2	3	4
Thyme (tsp)	1	2	3	4

Blend the sunflower seeds for a few seconds, then add in the rest of the ingredients and blend.

Green House Dressing

Number of Students		35	65	100	135
Yogurt	(cup)	1	2	3	4
Water	(cup)	1	2	3	4
Oil	(cup)	2	4	6	8
Apple Cider Vinegar	(cup)	1/3	2/3	1	1 1/3
Sugar	(T/t)	1T, 1t	2T, 2t	4T	5T, 1t
Dry Basil	(T)	1	2	3	4
Fresh Basil	(cup)	1/2	1	1 1/2	2
Mustard	(T/t)	1T, 1t	2T, 2t	4T	5T, 1t
Pepper	(pinch)	2	4	6	8
Salt	(T)	1/2	1	1 1/2	2

Place all ingredients into blender and blend until smooth.

Italian Dressing

Number of Students		35	65	100	135
Tamari	(cup)	1/4	1/2	3/4	1
Tahini	(cup)	1/4	1/2	3/4	1
Lemon juice	(cup)	2 1/2 T	1/3	1/2	2/3
Vinegar	(cup)	1/2	1	1 1/2	2
Oil	(cup)	2	4	6	8
Water	(cup)	1 1/2	3	4 1/2	6
Salt	(tsp/T)	2 1/2 t	1 1/2 T	2 T & 1 t	3 T
Pepper	(tsp/T)	2 1/2 t	1 1/2 T	2 T & 1 t	3 T
Sugar	(cup)	1/4	1/2	3/4	1 c
Dill	(T)	1 T	2 1/2 T	3 1/2 T	5 T
Oregano	(T)	1 t	1/2 T	1 T	1 T & 1 t
Basil	(T)	1 t	1/2 T	1 T	1 T & 1 t
Mustard powder	(T)	1 t	1/2 T	1 T	1 T & 1 t

Place all ingredients into blender and blend until smooth.

Sweet & Sour Ginger Dressing

Number of Students	35	65	100	135
Soy sauce (cup)	2/3	1 1/3	2	2 2/3
Sugar (cup)	1	2	3	4
Water (cup)	2 ¼	4 ¼	6 1/3	8 ½
Grated fresh ginger (cup)	2/3	1 1/3	2	2 2/3
Arrowroot (t/T/cup)	2 T & 2t	1/3 c & 1t	½ c	2/3 c & 2 t

Place all ingredients into blender and blend until smooth.

Tofu Sour Kreem

Number of Students	35	50	65	75	80	90
Tofu (1 block= 1 lb)	2 1/3	3 1/3	4	5	5 1/3	6
Lemon (whole juiced)	2 1/3	3 1/3	4	5	5 1/3	6
Salt (tsp)	1	1 ¼	1 ½	1 2/3	1 ¾	2
Nutritional yeast (t/T)	2t	1 T	1 ¼ T	1 ½ T	1T & 2t	2T
Basil (tsp)	1	1 ¼	1 ½	1 ¾	1 ¾	2
Mustard Powder (tsp)	1	1 ¼	1 ½	1 ¾	1 ¾	2
Tahini (T)	2	3	3 ½	4 ½	5	6
Vinegar (t/T/cup)	½ c & 1t	½ c & 4t	2/3c & 2T	¾ c & 2T	¾ c	1c & 2t
Oil (cups)	2/3	¾	1	1c & 7t	1 ¼ c	1 1/3c

Place all ingredients into food processor and blend well.

Tofu Cream Vinnie

Number of Students	35	65	100	135
Fresh ginger, grated (T)	1	2	3	4
Lemon juice (cup)	2	¼	1/3	½
Apple cider vinegar (cup)	1	2	3	4
Dill weed (tsp)	½	1	1 ½	2
Basil (tsp)	1	2	3	4
Tofu Sour Kreem (below) (cup)	1 ½	3	4 ½	6
Oil (cup)	1	2 ¾	4 ¼	5 ½

Place all ingredients into blender and blend until smooth.

Tahini Dill Dressing

Number of Students	35	65	100	135
Tahini (cup)	1 ½	3	4 ½	6
Oil (cup)	¼	½	¾	1
Apple Cider Vinegar (cup)	¾	1 ½	2 ¼	3
Dill (T)	2 T	¼	1/3 c & 1 T	½
Oil (cup)	½	1 c	1 ½	2
Sugar (T)	1 T	2 T	3 T	¼
Tamari (cup)	2 T	¼	1/3 c & 1 T	½
Garlic cloves	1	2	3	4
Water (cups) (to get the right consistency)	1 to ½	2 to 3	3 to 4 ½	4 to 6

Place all ingredients into blender and blend until smooth.