

16 VEGAN SALAD DRESSINGS

(summarized from website www.itdoesnttastelikechicken.com)

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14. Greek Dressing
15. Creamy Ranch
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Catalina Dressing. Jazz up your salad with this sweet and tangy dressing.

Ingredients:

- 1/4 cup ketchup
- 1/4 cup olive oil
- 3 tablespoons apple cider vinegar
- 1/2 teaspoon onion powder
- 1/2 teaspoon chili powder
- 1/2 teaspoon dry mustard

Instructions: Add everything to a clean jar, screw on the lid, and shake like crazy until mixed well.

Vegan Coleslaw Dressing. Perfect creamy dressing for coleslaw salad.

Ingredients:

- 1/2 cup vegan mayonnaise (such as Vegemise)
- 2 tablespoons apple cider vinegar
- 1 tablespoon Dijon mustard
- 1 tablespoon agave
- 1 teaspoon onion powder
- 1 teaspoon celery seed

Instructions: Add everything to a clean jar, screw on the lid, and shake like crazy until mixed well.

Thousand Island Dressing. Great on a simple salad or on a veggie burger as a "special sauce"

Ingredients:

- 1/2 cup vegan mayonnaise (such as Vegemise)
- 2 tablespoons ketchup
- 2 tablespoons sweet pickle relish
- 2 tablespoons apple cider vinegar
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder

Instructions: Add everything to a clean jar, screw on the lid, and shake like crazy until mixed well.

Lemon Poppy Seed. Lemony, fresh tangy dressing.

Ingredients:

- 1/2 cup olive oil
- 3 tablespoons lemon juice
- 1 tablespoon Dijon mustard
- 1 tablespoon poppy seeds
- 1 tablespoon maple syrup

Instructions: Add everything to a clean jar, screw on the lid, and shake like crazy until mixed well.

Walnut Basil Dressing. This dressing has a pesto vibe going on.

Ingredients:

- 1 cup loosely packed basil leaves
- 1/2 cup walnuts
- 1/4 cup olive oil
- 1/4 cup nutritional yeast
- 3 tablespoons lemon juice (about 1 lemon)
- 1 clove garlic
- 1/4 teaspoon salt
- 2-4 tablespoons water

Instructions: Add all of the ingredients plus 2 tablespoons of water to a food processor. Blend until smooth. If it needs a bit more, add a tablespoon at a time until desired consistency is reached.

Peanut Butter Dressing. Wonderful for an Asian-inspired salad. Finely sliced cabbage, carrots, cucumber, and crispy tofu cubes.

Ingredients:

- 1/4 cup natural peanut butter
- 1/4 cup nutritional yeast
- 1 tablespoon soy sauce
- 1 tablespoon maple syrup
- 1/4 - 1/2 teaspoon chili garlic sauce (optional)
- 2 - 3 tablespoons water

Instructions: Add everything to a clean jar, screw on the lid, and shake like crazy until mixed well.

Balsamic Vinaigrette. Perfect for a classic Italian salad.

Ingredients:

- 1/2 cup olive oil
- 1/4 cup balsamic vinegar
- 1 tablespoon Dijon mustard
- 1 tablespoon agave or maple syrup
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Instructions: Add everything to a clean jar, screw on the lid, and shake like crazy until mixed well.

Chipotle Lime Dressing. Spicy and creamy, perfect for a Mexican-inspired salad or even stirred into some rice for a burrito.

Ingredients:

- 3 tablespoons vegan mayonnaise (such as Vegenaïse)
- 3 tablespoons lime juice
- 1 chipotle pepper in adobo sauce, finely minced
- 1 tablespoon agave
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon garlic powder

Instructions: Add everything to a clean jar, screw on the lid, and shake like crazy until mixed well.

Sweet Dill Dressing. This is a creamy, almost cheesy dressing with that fresh zing of dill.

Ingredients:

- 1/4 cup nutritional yeast
- 3 tablespoons vegan mayonnaise (such as Vegenaïse)
- 1 tablespoon maple syrup or agave
- 1 tablespoon apple cider vinegar
- 1 teaspoon dried dill
- 1/4 teaspoon garlic powder
- 1 - 3 tablespoons water

Instructions: Add everything to a clean jar with 1 tablespoons of water to start. Screw on the lid, and shake like crazy until mixed well. Add more water to thin if desired.

Cherry Tomato Dressing. Lovely, fresh, perfect for the tomato lover.

Ingredients:

- 1 cup cherry tomatoes
- 1/4 cup red wine vinegar
- 1/4 cup olive oil
- 1 tablespoon agave or maple syrup
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Instructions: Add everything into a blender and blend until smooth, stopping to scrape down the sides as needed.

Maple Mustard Dressing. A staple dressing in my kitchen. Perfect for any simple salad.

Ingredients:

- 1/4 cup olive oil
- 2 tablespoons maple syrup
- 2 tablespoons Dijon mustard
- 1 tablespoon lemon juice
- 1/4 teaspoon garlic powder

Instructions: Add everything to a clean jar, screw on the lid, and shake like crazy until mixed well.

Tangy Miso Dressing: Great for a simple Asian-inspired salad.

Ingredients:

- 1/2 cup seasoned rice vinegar
- 1/4 cup light oil (such as peanut or canola oil)
- 2 tablespoons agave
- 1 tablespoon white miso paste
- 1-inch piece of ginger, finely minced
- 1 teaspoon sesame oil

Instructions: Add in everything else, screw on the lid, and shake like crazy until mixed well.

Carrot Ginger Dressing. A tangy, fresh, and zesty Asian-inspired dressing!

Ingredients:

- 1/4 cup light Oil (such as peanut or canola)
- 1/4 cup seasoned rice vinegar
- 1 medium carrot, peeled and finely grated
- 2 tablespoons agave
- 1 tablespoon soy sauce
- 1-inch piece of ginger, peeled and finely grated
- 1 teaspoon sesame oil

Instructions. Add everything to a clean jar, screw on the lid, and shake like crazy until mixed well.

Greek Dressing. Drizzle over cucumbers, black olives, tomatoes, and red onion for the perfect Greek salad.

Ingredients:

- 1/4 cup olive oil
- 1/4 cup lemon juice (about 1 lemon)
- 1 tablespoon Dijon mustard
- 1 1/2 teaspoon dried oregano
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Instructions: Add everything to a clean jar, screw on the lid, and shake like crazy until mixed well.

Grapefruit Vinaigrette. Fresh and citrusy dressing.

Ingredients:

- 1/2 cup grapefruit juice (about 1/2 of a grapefruit)
- 1/4 cup light oil (such as canola or vegetable)
- 1 tablespoon mustard powder
- 1 tablespoon agave or maple syrup
- 1/4 teaspoon salt

Instructions: Juice the grapefruit, then add everything to a clean jar, screw on the lid, and shake like crazy until mixed well.

Creamy Ranch Dressing. Can you ever go wrong with ranch dressing!?

Ingredients:

- 1/2 cup vegan mayonnaise (such as Veganaise)
- 1/2 cup non-dairy sour cream or non-dairy plain yogurt
- 1/2 cup non-dairy milk (such as almond or soy)
- 2 tablespoons apple cider vinegar
- 2 teaspoons dried parsley
- 1 teaspoon dried chives
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried dill
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt

Instructions: Add everything to a clean jar, screw on the lid, and shake like crazy until mixed well.

Recipe Notes: You can also use 1/2 cup of cashews instead of the non-dairy yogurt. Soak the cashews in water until tender (overnight works great, but no less than 4 hours). Double the recipe if you use cashews so that there is enough liquid to blend smoothly. Otherwise, there might not be enough liquid to blend properly and your recipe may end up chunky.