

Udo's Choice Salad Dressings

Every resident chef (yeah, you!) needs a collection of recipes that are delicious, simple, and most importantly, made with real, fresh ingredients and NO questionable ones.

Using Udo's Oil 3-6-9 Blend, nourish the ones you love with these homemade dressings rich in essential omega-3's and 6's. Udo's Oil Blend is your best source of good fats: plant-based (fish-free) sustainable, organic and non-GMO. Clean eating at its best!



NOTE: Dressings are best made one day in advance to let the flavours develop. Keep refrigerated in a well-sealed glass container and use within a week.

Basil Green Goddess Dressing or Dip

Adapted from chef Philip Roemer.

Makes about 1.5 cups. Use a blender.

- ½ cup Udo's 3-6-9 Oil Blend
- ½ cup sour cream (or Greek yoghurt or soft tofu)
- 1 cup basil (or Italian parsley), chopped
- 1 whole green onion (2 Tbsp) chopped
- 1 tsp. raw apple cider or white vinegar
- 1 large garlic clove, minced or crushed
- 2 anchovy fillets, rinsed, patted dry, and minced (opt)
- ½ medium lemon, juiced
- ½ tsp. sea salt and freshly ground pepper to taste
- ¼ cup of water or to desired consistency

Serving suggestion/
recommended pairings:
sliced tomatoes or
avocados, radishes, or
as a dip.



Caesar Dressing

Adapted from Sue Li and Chris Morocco via Bon Appétit.

Makes about 1 ¼ cups. Whisk by hand.

- 2/3 cup Udo's Oil Blend
- ¼ cup grated parmesan
- ¼ cup fresh lemon juice, plus more to taste
- 2 tsp. Worcestershire sauce
- 1 medium garlic clove, minced or crushed
- 1 tsp. Dijon mustard
- 2 anchovy fillets, rinsed, patted dry and minced (optional)
- Pinch of sea salt and freshly ground pepper to taste

Serving suggestion/
recommended pairings:
romaine lettuce, kale, or
cauliflower.



Carrot-Ginger Dressing

Adapted from chef Tadashi Ono via Saveur

Makes about 1.5 cups. Use a blender.

- 1 medium carrot, roughly chopped
- 1/3 cup Udo's Oil Blend
- ¼ medium yellow onion, roughly chopped
- 1 ½ tsp. fresh ginger, finely grated
- ¼ cup rice vinegar
- 2 Tbsp Soy Sauce
- 1 tsp. fresh turmeric root, finely grated (opt)
- Pinch of sea salt and freshly ground pepper, or to taste

Serving suggestion/
recommended pairings:
diced avocado or cucumber, shredded cabbage.



Balsamic Vinaigrette

Adapted from Emril Lagasse via The Food Network.

Makes about 1 cup. Whisk by hand.

- 2/3 cup Udo's Oil Blend
- 1/3 cup good Balsamic vinegar
- 1 medium garlic clove, minced or crushed
- ½ tsp. sea salt, or to taste
- ¼ tsp. freshly ground pepper, or to taste

Serving suggestion/
recommended pairings:
mixed greens, rocket, asparagus.



Greek Vinaigrette

Adapted from Laurie McNamara via Simply Scratch.

Makes about 1 cup. Whisk by hand.

- ½ cup Udo's Oil Blend
- 1/3 cup red wine vinegar
- 1 large lemon, juiced
- 1 medium garlic clove, minced or crushed
- 1 Tbsp. fresh oregano, chopped (or 1 tsp. dried oregano)
- ½ tsp. sea salt
- ¼ tsp. fresh ground pepper, or to taste

Serving suggestion/
recommended pairings:
Greek salad, shredded carrots or Brussel sprouts.



Miso-Tahini Dressing

Adapted from WholeFoodsMarket.com

Makes about 1.25 cups. Use a blender.

- ½ cup Udo's Oil Blend
- 1/3 cup tahini
- 1 Tbsp white miso paste
- 1 medium lemon, juiced
- 1 medium garlic clove, minced or crushed
- 1 Tbsp rice vinegar
- Pinch of sea salt and freshly ground pepper or to taste
- 2 Tbsp warm water, or to desired consistency

Serving suggestions/
recommended pairings:
steamed vegetables,
broccoli, grain bowls.



Mustard-shallot Vinaigrette

Adapted from Julia Moskin via the New York Times.

Makes about 1 ¼ cups. Whisk by hand.

- ¾ cup Udo's Oil Blend
- ¼ cup apple cider vinegar or white wine vinegar
- 1 shallot, minced
- 1 heaped Tbsp Dijon mustard
- ½ tsp. salt and fresh black pepper or to taste

Serving suggestion/
recommended pairings:
fresh spinach, leaf lettuce, quinoa salad.



Avocado-Lemon Dressing or Dip

Adapted from Silvia Bianco via MindBodyGreen

Makes about 1.5 cups. Use a blender.

- 1 large ripe avocado, skin and pit removed
- 1/3 cup Udo's Oil Blend
- ¼ cup fresh Italian parsley, chopped
- 1 medium garlic clove, minced or crushed
- 1 juiced lemon
- ½ tsp. salt and freshly ground pepper
- Pinch of cayenne pepper (optional)
- ¼ cup water, or to desired consistency

Serving suggestion/
recommended pairings:
tomatoes, chicken or bean salad, or as a dip.



Blue Cheese Dressing

Adapted from Luby Luby Luby via Food.com

Makes about 1.5 cups. Use a blender.

- ½ cup Udo's Oil Blend
- ½ cup sour cream (or plain Greek yoghurt)
- 1 small garlic clove, minced or crushed
- ½ cup blue cheese, crumbled
- 2 dashes Tobasco or a dash of cayenne pepper
- ½ tsp. Worcestershire sauce
- ¼ cup buttermilk
- 1 Tbsp grated onion
- 1 Tbsp lemon juice
- ¼ tsp. salt and freshly ground pepper

Serving suggestion/
recommended pairings:
romaine lettuce, radicchio, sliced tomatoes.

