

# Anti Inflammatory Salad Dressing

## Creamy Garlic Salad Dressing

- \* 1/4 cup of extra virgin olive oil
- \* 1/4 cup of white wine vinegar
- \* 1 tablespoon tahini
- \* 1/4 teaspoon black pepper
- \* 1/4 teaspoon sea salt
- \* 1 teaspoon Simply Organic Garlic Powder

### Directions:

Add oil, vinegar and tahini into a mason jar. Give it a good shake to combine the tahini, then add the seasonings and give it another good shake. Keep dressing in sealed jar in the fridge for 1-2 weeks.

- For your protein add chicken, shrimp, steak or eggs.
- Toasted slivers almonds pair well with it.
- Fresh raspberries and blue berries add flavor
- Add a small amount of shaved parmesan if you're not dairy free.

## Lemon Pepper Salad Dressing

- \* 1/4 cup extra virgin olive oil
- \* 1/4 cup white wine vinegar
- \* 1 tablespoon lemon juice
- \* 1/4 teaspoon sea salt
- \* 1 teaspoon Simply Organic Lemon Pepper Seasoning

### Directions:

Add all the ingredients into a mason jar, give it a good shake and enjoy. Keep the dressing in the sealed jar in the fridge for 1-2 weeks.

- Some proteins that you might add with this dressing are chicken, shrimp, tuna, eggs and walnuts.
- To give a touch of sweetness add dried cranberries or raisins drizzle with honey.
- Grate fresh lemon peel on top.

## Ginger Miso Salad Dressing

- \* 1/4 cup extra virgin olive oil
- \* 1/4 cup white wine vinegar
- \* 1 1/2 teaspoons miso paste
- \* 1 Tablespoon of honey
- \* 1/4 teaspoon sea salt
- \* 1/4 teaspoon black pepper
- \* 1 1/2 teaspoons of Simply Organic Ginger

### Directions:

Add oil, vinegar, and miso into jar and give a good shake. Then add other ingredients and shake again. Keep the dressing in sealed jar in fridge for 1-2 weeks.

- We have an Asian feel to this recipe.
- Add shrimp, tuna, salmon or chicken as your protein.
- Sprinkle with toasted sesame seeds and add water chestnuts for crunch.

## Smoky Chili Lime Salad Dressing

- \* 1/4 cup extra virgin olive oil
- \* 1/4 cup white wine vinegar
- \* 1 tablespoon lime juice
- \* 1/4 teaspoon sea salt
- \* 1/4 teaspoon black pepper
- \* 1/2 teaspoon Simply Organic Chili Powder
- \* 1/2 teaspoon Simply Organic Smoked Paprika

### Directions:

Add all ingredients into mason jar and shake. Keep the dressing in sealed jar in the fridge for 1-2 weeks.

- Sauté beef, pork or chicken as your protein.
- They go great with this dressing.
- To give it more depth of flavor add fresh cilantro, red peppers or baked sweet potato