

RECIPE

6 life-changing salad dressing recipes

Most would agree that salads by itself is a boring food. What's interesting about munching plain vegetables anyway? Well, we should thank the creators of salad dressings to concoct an elixir that levels up all salad recipes. These six salad dressing recipes will jazz up your salad, surprisingly leaving you craving for more.

CREAMY ITALIAN DRESSING

Ingredients

½ cup extra virgin olive oil
3 tbsp white vinegar
¼ cup grated Parmesan cheese
1 tbsp mayonnaise
1 tsp sugar
1 garlic clove
½ tsp dried oregano
½ tsp dried parsley
½ tsp dried basil
½ tsp black pepper
Pinch of salt

Method

In a mason jar, combine all the ingredients. Start by adding the liquids first, followed by finely grated Parmesan cheese and minced garlic, and finally, the seasonings and condiments. Tightly close the lid and give this a good shake for two minutes so that all the ingredients meld together to create a creamy, homogenous mixture. This creamy Italian dressing accompanies Italian salads such as pasta salad or Caprese salad well.

CAESAR DRESSING

If your Caesar salad tastes bland, this dressing will give it the perfect boost and turn it into something utterly delectable.

Ingredients

2 tbsp mayonnaise
2 tsp mustard
2 garlic cloves
½ tsp salt
½ tsp lemon pepper
¾ cup light olive oil
¼ cup lime juice



¼ cup shredded Parmesan cheese

Method

In a blender or food processor, combine mayonnaise, mustard, grated garlic, salt, lemon pepper, and the juice of a lime and give it a whiz. Once combined, remove the vapour cover of the blender lid and gradually pour in olive oil while it is still on. Finally, add in the grated Parmesan cheese and give it one last blitz.

JALAPENO RANCH DRESSING



This salad is light yet creamy with a fresh note of lime singing at the background.

Ingredients

Handful of coriander leaves
1 cup sour cream
1 jalapeno
2 tsp lime juice
1 tsp lime zest
1 tsp salt

1 tsp garlic powder
1 tsp lemon pepper

Method

Chop the coriander to get 4 tablespoons, deseed the jalapeno and chop it, and zest one lime to get a teaspoon of lime zest. Add all the ingredients in a mixer and blitz until you achieve a mixture that has a lush, creamy texture. This can be used as a dip to dunk your chips and wedges, or you can drizzle generously over tacos and fajitas.



HONEY MUSTARD DRESSING

This salad dressing possesses the ability to turn inedible raw vegetables into lip-smacking meals. A word of caution: this is addictive!

Ingredients

¼ cup mustard
¼ cup honey
¼ cup apple cider vinegar
¼ cup vegetable
1 tbsp salt
1 tbsp lemon pepper

Method

Combine all the ingredients in a bowl and whisk them until you get a runny and smooth liquid. You can drizzle this generously to liven up your Cobb salad or vegetable bowls and wraps.

BALSAMIC VINAIGRETTE DRESSING

If you are already satisfied with the taste of your vinaigrette dressing, think again!

Because this salad dressing recipe will take your basic vinaigrette dressing and turn it into a magical potion of goodness.

Ingredients

3 tbsp balsamic vinegar
1 tbsp mustard
1 garlic clove (minced)
1/3 cup extra virgin olive oil
Pinch of salt and black pepper

Method

Combine all the ingredients in a bowl and whisk until all the ingredients come together, concocting a uniform mixture. This versatile salad dressing pairs harmoniously with anything — be it Greek salad or Panzanella salad.

CHIMICHURRI DRESSING

Fretting over the fact that Chimichurri sauce or dressing is hardly available at our local grocery stores is not doing anyone good. Thus, here is an easy homemade Chimichurri dressing made with ingredients that are at the ready.

Ingredients


½ cup olive oil
2 tbsp balsamic vinegar
½ cup chopped coriander
2 cloves garlic
2 red chillies
1 tsp oregano
1 tsp salt
½ tsp pepper

Method

Start by pressing chopped red chillies, garlic, and coriander with salt in a pestle and mortar to bring out the natural oils and flavours. Shift this to a bowl and add the rest of the ingredients. Mix them well to attain a coarse dressing that sits well atop proteins like grilled salmon, chicken, and steak.

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