



SALAD DRESSINGS

WITH EXTRA VIRGIN OLIVE OIL



Olive Wellness
INSTITUTE™



PUNCHY LEMON AND EVOO DRESSING

INGREDIENTS

3 cloves garlic, minced or finely chopped
1/4 tsp of black pepper (more if desired)
1 tsp salt
1/4 cup Extra Virgin Olive Oil
1/2 cup freshly squeezed lemon juice

METHOD

1. Mix all ingredients into a container with securable lid.
2. Tighten lid.
3. Shake vigorously until Extra Virgin Olive Oil and lemon juice blend into one, after about 1 minute of shaking.
4. Spread over fresh salad.

GINGER SALAD DRESSING

INGREDIENTS

1/3 cup Extra Virgin Olive Oil
1/4 cup rice vinegar
1 clove garlic, finely minced or chopped
2 tablespoons soy sauce
1 tablespoon honey
2 tablespoons peel and grated fresh ginger

METHOD

1. Mix all ingredients into a container with securable lid.
2. Tighten lid.
3. Shake vigorously until Extra Virgin Olive Oil and lemon juice blend into one, after about 1 minute of shaking.
4. Spread over fresh salad or use as marinate over meat /tofu or legumes.

CREAMY GREEK DRESSING

INGREDIENTS

2 tbsp lemon juice
1 teaspoon honey
1 teaspoon garlic powder
1 teaspoon onion powder
1/3 cup Extra Virgin Olive Oil
1/2 cup Greek yoghurt
1/2 teaspoon dried oregano
Salt and Pepper to season

METHOD

1. Whisk all together well until combined and smooth.
2. Store in the fridge for up to 5 days.

CREAMY HERB AND DIJON DRESSING

INGREDIENTS

1/3 cup Extra Virgin Olive Oil
1 teaspoon while vinegar
2 tablespoons Greek yoghurt
1/3 cup fresh parsley chopped finely
1/2 teaspoon Dijon mustard
Salt and Pepper to season

METHOD

1. Whisk all together well until combined and smooth.
2. Store in the fridge for up to 5 days.

WELLNESS FUN FACT:

You can increase healthy fats in your diet by using Extra Virgin Olive Oil for cooking your vegetables and drizzling on salads.