

## Salad Dressings

### INGREDIENTS:

#### FOR THE BASIC DRESSING

- 3 tablespoon olive oil
- 2 tablespoon vinegar white, balsamic, or apple cider
- 1 tablespoon lemon juice
- 1 tablespoon Dijon mustard
- 1/2 teaspoon salt to taste
- 1/4 teaspoon pepper to taste

#### KETO ITALIAN DRESSING

- 3 tablespoon olive oil
- 1 tablespoon white wine vinegar
- 1/2 tablespoon lemon juice
- 1 clove garlic minced
- 1 tablespoon parsley finely chopped
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried oregano
- 1/2 teaspoon salt to taste

#### KETO CAESAR DRESSING

- 1/2 cup mayonnaise
- 3 tablespoon olive oil
- 1/4 cup parmesan cheese finely grated
- 1 clove garlic minced
- 1 tablespoon lemon juice
- 1 teaspoon Dijon mustard

#### KETO BLUE CHEESE DRESSING

- 1/2 cup mayonnaise
- 1/4 cup blue cheese crumbled
- 1/4 cup sour cream or yogurt
- 1 tablespoon lemon juice
- 1/2 teaspoon salt to taste
- 1/4 teaspoon pepper to taste

#### KETO THOUSAND ISLAND DRESSING

- 3/4 cup mayonnaise
- 2 tablespoon sugar free ketchup
- 2 teaspoon Worcestershire sauce
- 3 small gherkins chopped, pickles

#### KETO RUSSIAN DRESSING

- 1/2 cup mayonnaise
- 2 tablespoon sugar free ketchup
- 1-2 tablespoon shallots finely chopped
- 1/2 tablespoon horseradish optional
- 1/4 teaspoon smoked paprika
- 1/2 teaspoon salt optional

#### KETO FRENCH DRESSING

- 3 tablespoon olive oil
- 1 teaspoon Dijon mustard
- 1 tablespoon white wine vinegar
- 1/2 teaspoon sugar free powdered sugar

### INSTRUCTIONS:

1. In a mixing bowl, whisk together all the dressing ingredients until combined.
2. Pour over your favorite salad or store away to use later.

## **NOTES**

- All dressing flavors are around 1/4 cup per serving.
- If you prefer thicker dressings, refrigerate them for 30 minutes prior to using them.
- If you prefer thinner dressings, add 1-2 tablespoons of water.

**TO STORE:** Salad dressing should be stored in the refrigerator, covered. It will keep well for up to 2 weeks. Give it a gentle whisk first before drizzling over your salad.

**TO FREEZE:** Place leftover dressing in a shallow container and store it in the freezer for up to 6 months