

Vinaigrettes

These are slight variations from recipes found on Food.com:

<http://www.food.com/recipe/basic-vinaigrette-dressing-with-8-variations-213989>

Basic Vinaigrette

3 tablespoons oil (I prefer extra-virgin olive oil)
 2 tablespoons vinegar (white, cider, wine, ..., not balsamic)
 salt
 ½ teaspoon black pepper (I prefer fresh-ground)

Asian Vinaigrette

3 tablespoons peanut oil or sesame oil
 2 tablespoons rice wine vinegar
 1 - 3 teaspoons sucanat **OR**
 1 - 3 teaspoons brown sugar **OR**
 1 - 3 teaspoons another sweetener, to taste
 1 ½ teaspoons soy sauce, pref. low-sodium
 1 ½ teaspoons ginger, fresh grated
 ½ teaspoon garlic, fresh minced
 1 ½ teaspoons sesame seeds, lightly toasted
 1 ½ teaspoons scallion, chopped (green onions)

Italian Vinaigrette

Basic Vinaigrette (use EVOO and red wine vinegar)
 ½ teaspoon minced garlic
 ½ teaspoon Italian seasoning
 1 pinch crushed red pepper flakes **(optional)**

Lighter Bacon Vinaigrette

Basic Vinaigrette (I use rice bran oil and cider vinegar)
 1 tablespoon crumbled bacon
 ½ tablespoon finely minced onion
 1 pinch celery seed **(optional)**
 ¼ teaspoon prepared mustard **(optional)**
 1 - 3 teaspoons sucanat **OR**
 1 - 3 teaspoons brown sugar **OR**
 1 - 3 teaspoons another sweetener, to taste

Mustard Vinaigrette

Italian Vinaigrette
 1 teaspoon prepared mustard (I recommend Dijon or spicy brown)
 1 - 3 teaspoon honey (optional) **OR**
 1 - 3 teaspoon another sweetener, to taste **(optional)**

Basic Creamy Vinaigrette

Basic Vinaigrette (I prefer extra-virgin olive oil & white, wine, champagne – Keep it simple and add flavor with variations)
 2 - 3 tablespoons mayonnaise **OR**
 2 - 3 tablespoons sour cream **OR**
 2 - 3 tablespoons plain yogurt
 (I prefer a non-fat, plain Greek yogurt)

Parmesan-Pepper Vinaigrette

Basic Creamy Vinaigrette
 1 tablespoon grated parmesan cheese
 1/8 teaspoon fresh ground black pepper (to taste)

Creamy Garlic Vinaigrette

Basic Creamy Vinaigrette
 1 garlic clove, put through press
 ½ teaspoon fresh ground black pepper
 1 pinch Italian seasoning **(optional)**
 Add parmesan cheese shavings when serving

Lemon Vinaigrette

3 tablespoons extra virgin olive oil
 3 tablespoons lemon juice
 ½ teaspoon oregano
 ½ teaspoon minced garlic

Greek Vinaigrette

Lemon Vinaigrette
 ½ teaspoon additional oregano
 2 tablespoons red wine vinegar
 ½ teaspoon fresh ground black pepper
 1 teaspoon sea salt
 1 teaspoon Dijon mustard
 1 teaspoon honey **OR**
 1 teaspoon other sweetener to taste **(optional)**
 Add crumbled Feta cheese when serving

Balsamic Vinaigrette

3 tablespoons extra virgin olive oil
 1 tablespoon balsamic vinegar
 ½ teaspoon minced garlic
 1 pinch Italian seasoning (optional)