



ALASKA CENTER FOR ACUPUNCTURE

Two Easy Homemade Salad Dressings

Balsamic Combo Dressing – Makes ½ Cup

¼ cup Balsamic vinegar

¼ cup Extra Virgin olive oil

Add organic ketchup and organic maple syrup to taste

Combine the vinegar and oil in a container with a lid. Start by adding a tablespoon of ketchup and a couple of teaspoons of maple syrup. Shake well. For more of a tangy flavor, add more ketchup, for more sweetness, add maple syrup. You can experiment to find a balance that works.

This dressing adds a tangy, sweet flavor to any salad. We like to put it on a combination of fresh mixed greens or baby spinach with tomatoes, avocado, cucumbers, chopped bell peppers, roasted pecans and blue cheese or goat's cheese. It's a great base to start with, and then you can add fresh herbs in season or dried herbs work well too.

Some of our favorite combinations and substitutions:

1. Add chopped fresh, thyme, tarragon, garlic and oregano.
2. Substitute raw apple cider vinegar for the balsamic
3. Substitute raw honey for the maple syrup (use less)
4. Use your own homemade herb infused vinegars
5. Add some naturally brewed soy sauce or Bragg's Liquid Aminos

Miso and Lime Dressing

¼ Cup Miso Paste – available in the natural foods section at Fred Meyer or Carr's - white miso yields a mild flavor, red or brown is stronger

2 tbsp Extra Virgin Olive Oil

Juice from one lime

Combine the miso, lime and oil in a small bowl and mix well. Taste for balance and adjust ingredients. Drizzle over your salad. This dressing is thicker and has a stronger, salty/savory flavor, but still combines well with a variety of vegetables

Substitutions and Changes for Miso Dressing:

1. Use lemon instead of lime
2. Use sesame oil instead of olive oil
3. Add some plain organic yogurt
4. Add some chopped fresh ginger or chopped fresh garlic