

DRESSING UP YOUR GREENS!



Salad

Pronunciation: sal - uhd

Function: noun

- 1: green vegetables (as lettuce) often with tomato, cucumber, or radish served with dressing.
- 2: green vegetables (as lettuce, and/or various types of lettuces) with other chopped vegetables and/or fruits, served with a dressing.
- 3: a cold dish (as of meat, shellfish, fruit, or vegetables) usually prepared with a dressing

SPRAY SALAD DRESSINGS

Success Guaranteed!

Keep it light! Keep it crisp! And use only 1 Tbsp (15 mL) dressing for 1½ cups (375 mL) salad ingredients. And spraying your salad dressing makes that really easy to do!



Raspberry Vinaigrette

- 1 Tbsp raspberry syrup*, 15 mL
 - 1 tsp white vinegar, 5 mL
 - 1 Tbsp water, 15 mL
- *may substitute blueberry, maple or other syrup flavouring.

Measure into small spray bottle. Shake to mix well.

Add:

- 2 tsp canola oil, 10 mL
- Shake until the oil is blended into the mixture. Screw on top, and refrigerate until ready to use.
- Yield: 3 servings 1 Tbsp (15 mL) each

Orange Citrus Vinaigrette

- 1 Tbsp orange Juice, 15 mL
- 1 tsp white vinegar, 5 mL
- ½ tsp lemon juice, 2 mL
- ½ tsp honey, 2 mL



Measure into small spray bottle. Shake to mix well. Add:

- 2 tsp canola oil, 10 mL
- Shake until the oil is blended into the mixture. Screw on top, and refrigerate until ready to use.
- Yield: 2.5 servings 1 Tbsp (15 mL) each

Honey-Balsamic Vinaigrette

- 1 tsp honey, 5 mL
- 1 tsp balsamic vinegar, 5 mL
- 1 Tbsp water, 15 mL
- 1 drop prepared mustard, optional

Measure into small spray bottle. Shake to mix well.

Add:

- 2 tsp canola oil, 10 mL
- Shake until the oil is blended into the mixture. Screw on top, and refrigerate until ready to use.
- Yield: 2 servings 1 Tbsp (15 mL) each

Creamy Salad Dressing

- 1 tsp canola-based mayonnaise, 5 mL
- 2 tsp lower-fat milk, 10 mL
- 1 tsp vinegar, 5 mL
- 1 tsp lemon juice, 5 mL
- 1 tsp granulated sugar, 5 mL
- 2 drops hot sauce, optional

Measure into small spray bottle. Shake to mix well. Screw on top, and refrigerate until ready to use.

Yield: 2 servings 1 Tbsp (15 mL) each

NON-SPRAYING SALAD DRESSINGS



Success Guaranteed!

Keep it light! Keep it crisp! And use only 1 Tbsp (15 mL) dressing for 1½ cups (375 mL) salad ingredients.

Creamy Tomato Tang*

- 2 tsp catsup, 10 mL
- 1 tsp canola-based mayonnaise, 5 mL
- ½ tsp granulated sugar, 2 mL
- 1 tsp white vinegar, 5 mL
- 1 Tbsp canola oil, 15 mL

Measure all ingredients in a small container. Blend well using a whisk or fork. Refrigerate until ready to use.

Yield: 2 servings of 1 Tbsp (15 mL)

Honey Mustard

- ½ tsp canola-based mayonnaise, 2 mL
- 1 tsp prepared mustard, 5 mL
- 2 tsp honey, 10 mL
- 1 Tbsp canola oil, 15 mL
- 1 tsp white vinegar, 5 mL
- or
- 2 Tbsp honey, 30 mL
- 1 Tbsp granulated sugar, 15 mL
- 1 Tbsp prepared mustard, 15 mL
- 1 Tbsp white vinegar, 15 mL
- 4 Tbsp canola oil, 60 mL

Measure all ingredients in a small container. Blend well using a whisk or fork. Refrigerate until ready to use.

Yield: 9 servings of 1 Tbsp (15 mL)

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Cranberry Dressing

- 1 Tbsp cranberry sauce or jelly, 15 mL
- 1 Tbsp red wine vinegar, 15 mL
- 1 Tbsp canola oil, 15 mL
- ¼ tsp cumin powder, 1 mL (optional)
- salt & pepper to taste

Combine cranberry sauce or jelly, vinegar, canola oil, cumin, salt and pepper in a small bowl and whisk together until smooth.

Refrigerate until ready to use. Great on mixed greens.

Yield: 3 servings of 1 Tbsp (15 mL)

Ranch Dressing

- 1 Tbsp lower-fat milk, 15 mL
- 4 Tbsp canola-based mayonnaise, 60 mL
- 2 Tbsp lower-fat sour cream, 30 mL
- ¼ tsp garlic powder, 1 mL
- ¼ tsp onion powder, 1 mL
- ½ tsp dill weed, 2 mL

Measure all ingredients in a small container. Blend well using a whisk or fork. Refrigerate until ready to use.

Yield: 7 servings of 1 Tbsp (15 mL)

