

SALADS

Salad Dressings

A fresh salad is packed with nutrients to fuel your body, and a good dressing makes it even more enjoyable. Making your own gives you control over the ingredients and flavor. The formula below builds a dressing that's delicious, nutritious, and satisfying.

The formula

Dressing / sauce = unsaturated fat + acid + flavor.

Healthy fats: olive oil, flavored olive oil, sesame oil, avocado oil, avocado, nuts, seeds.

Acids: balsamic, apple cider, rice, or red/white wine vinegar; lemon or lime juice; mustard.

Flavorings: garlic, honey, hot sauce, fruit, maple syrup, sriracha, soy sauce, ginger, fresh or dried herbs and spices.

How to mix

Mix equal parts of each ingredient together. Adjust the ratios or add spices to suit your taste. These dressings double as marinades — use them on vegetable salads, roasted vegetables, and meats.

Try these combinations

- Strawberry Walnut Vinaigrette — olive oil, walnuts, balsamic vinegar, strawberries
- Blueberry Walnut Vinaigrette — olive oil, walnuts, balsamic vinegar, honey, blueberries
- Sweet Honey Mustard Vinaigrette — olive oil, mustard, honey
- Tangy Honey Mustard Vinaigrette — olive oil, apple cider vinegar, mustard, honey
- Asian Vinaigrette — sesame oil, rice vinegar, soy sauce, honey, sriracha (optional)
- Tangy Asian Vinaigrette — sesame oil, rice vinegar, soy sauce, honey, sriracha (optional)

Note: This is a reference page rather than a single recipe, so it doesn't carry a satiety rating. Dressings are flavor accents — a drizzle adds richness that helps you enjoy (and eat more) vegetables.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.