

Big List of No-oil Salad Dressings

Almond Ginger Dressing

adapted from a recipe from drfuhrman.com

makes about 2 1/2 cup

1/2 cup raw almonds

1/2 cup unsweetened soy, hemp or almond milk

1 cup water

4 tablespoons tahini or unhulled sesame seeds

6 dates, pitted

2 small cloves garlic or 1 medium clove garlic

1 inch piece fresh ginger, peeled

Place all ingredients into a high powered blender or food processor. Blend until smooth. Add more water if a thinner consistency is desired.

Chef AJ's Husband's Favorite No-oil Balsamic Vinaigrette

1 cup of Balsamic Vinegar (4% acidity preferred)*

4 Tablespoons of Nutritional Yeast

3 Tablespoons of low-sodium soy sauce, coconut aminos or tamari (Trader Joes brand has only 465 mg of sodium per tablespoons)

3 tablespoons of date syrup (or date equivalent) -could use maple syrup

1 tablespoon of Dijon mustard

1/2 teaspoon xanthan gum

Place all ingredients in a blender and blend. Refrigerate any unused portion.

*Using a good balsamic makes all the difference in this recipe. Most balsamic vinegars have at least 6% acidity and they are very strong and sharp. Napa Valley Naturals Grand Reserve, available at Whole Foods has only 4% acidity and it is naturally sweeter and less sharp.



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Engine 2 Inspired Orange Hummus Dressing

It's not the exact recipe out of The Engine 2 Diet Book, but I think it's better!

- 3 Tbsp plain Hummus
- 2 Tbsp balsamic vinegar
- 3 Tbsp orange juice
- 1 tsp mustard
- 1/2 tsp fresh ginger, grated on a microplane
- 1 tsp maple syrup

Whisk the ingredients together in a bowl.

HGK Note: Just a reminder, you can keep fresh ginger (in a ziploc baggie) and orange juice concentrate (just spoon out what you need and reseal the container) in your freezer at all times, which I do. And hummus, maple syrup, balsamic vinegar and mustard are all staples in any Healthy Girl's kitchen. That makes this dressing a snap to throw together without having to stress about making a trip to the grocery store.

Cashew Currant Dressing

adapted from a recipe from drfuhrman.com

Serves: 2-4

- 1/4 cup raw cashews or 2 tablespoons raw cashew butter
- 1/3 cup unsweetened soy, hemp or almond milk
- 1 peeled apple, sliced
- 2 tablespoons dried currants or raisins

Blend cashews or cashew butter with soy milk and sliced apples in a high powered blender until smooth. Add the currants and blend well.

Dr. Barnard's Roasted Red Pepper Vinaigrette

[source](#)

Makes enough dressing for 1 large salad

- 1 large roasted red pepper
- 1 clove garlic
- 2 tbsp balsamic vinegar
- 1/8 tsp salt
- 1/4 tsp pepper
- 1/2 tsp fresh thyme leaves

Place all ingredients in a blender or food processor. Serve and enjoy.



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Lori's Red Pepper Dressing

inspired by Dr. Barnard's Roasted Red Pepper Vinaigrette

"I often start with a jar of roasted peppers and then add what ever inspires me that day. I had a can of artichoke hearts and some fresh basil that needed to be used."

1 jar roasted red peppers (with liquid)

1 can artichoke hearts (with liquid)

1/2 c. fresh basil

2 tbs. red wine vinegar

1 clove garlic

1 tsp dried oregano

2 tbs. raw, unsalted sunflower seeds

salt and pepper to taste

Blend all ingredients and enjoy :)

Keeps for at least 1 week in the refrigerator.

Healthy Girl's Asian Low Oil Dressing

adapted from a recipe from drfuhrman.com

1 teaspoon Bragg Liquid Aminos

1 tablespoon fresh ginger, finely chopped

2 tablespoons rice vinegar

3 tablespoons orange juice

1 teaspoon sesame oil, toasted

1 teaspoon garlic powder

1 teaspoon Dijon mustard

Whisk all ingredients together in a bowl.

Dr. Fuhrman's Almond Balsamic Vinaigrette

Serves: 6

1/2 cup water

1/3 cup roasted garlic rice vinegar (I used plain rice vinegar)

1/4 cup balsamic vinegar

1/4 cup raw almonds or 1/8 cup raw almond butter

1/4 cup raisins

4 cloves garlic, pressed (I used 3)

1 teaspoon dried oregano

1/2 teaspoon dried basil

1/2 teaspoon onion powder

Blend all ingredients in a food processor or high powered blender.



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E2 Basics Dressing

2 Tbsp nutritional yeast
1 Tbsp tamari
1 Tbsp mustard
2 Tbsp balsamic vinegar
Juice of 1 lemon, lime or orange
1 Tbsp agave nectar, honey or maple syrup
1 tsp vegetarian Worcestershire sauce
1 Tbsp wheat germ
Water to desired consistency (I didn't use any)

Whisk the ingredients together in a bowl.

Dijon Pistachio Dressing /Dip

from drfuhrman.com

1 1/3 cups water
1 cup raw pistachio nuts, unsalted
4 tablespoons lemon juice
2 tablespoons ground flax seeds
4 teaspoons Dr. Fuhrman's VegiZest or Mrs. Dash seasoning
2 teaspoons Dijon mustard
1 teaspoon Bragg Liquid Aminos or low sodium soy sauce
1/2 teaspoon garlic powder
4 deglet noor dates or 2 or 3 medjool dates

Blend all ingredients in a high powered blender or food processor until smooth and creamy.

Tomato-Basil Dressing

recipe courtesy Kitchen of Health

2 roma tomatoes, cored
1 red bell pepper, cored
1/3 c. red wine vinegar
1/3 c. sundried tomatoes, coarsely chopped
6-8 basil leaves
Juice of 1 lemon
Dash of sea salt
~1 c. water

Blend 1st seven ingredients and half of the water until smooth. Add more water until you attain the desired consistency. Refrigerate unused portions. Makes about 3 cups.



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Orange Peach Mango Dressing

recipe courtesy [Kitchen of Health](#)

1 c. sliced peaches, peeled
1 c. sliced mangoes, peeled
1 c. orange juice
1/2 c. rice vinegar
1 Tb. grated fresh ginger

Blend until smooth. If needed, add water for a desirable consistency. Refrigerate unused portions. Makes about 3 cups.

Creamy Avocado Dressing

recipe courtesy [Kitchen of Health](#)

2 avocados, peeled and pitted
Juice of 1 lemon
Juice of 1 lime
1 tsp. lime zest
1 cucumber
~1/2 c. water
1/4 c. chopped cilantro
1/2 to 1 tsp. chili powder
Dash of sea salt

Blend all ingredients together until smooth, adjusting water to get desired consistency. Refrigerate unused portions. Makes 3+ cups.

Lindsey and Danny's Dressing

I don't have exact measurements/ratios, we just go by the bottle we make it in. but we use tahini (the kind without water added), apple cider vinegar, tomato paste(no salt added), and season with garlic and onion powder, and a little basil and oregano - so yum!

Sharon's Japanese Exchange Student Dressing

"It's DELICIOUS!"

Equal parts:
Crushed onion
Rice Vinegar
Sweet Saki
Soy Sauce



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The Healthy Librarian's Creamy Chipotle Dressing

<http://www.happyhealthylonglife.com/>

10.5 ounces of Mori-Nu Silken firm low-fat tofu
1/2 tsp. nutritional yeast
2 tablespoons drained capers
1 tablespoon fresh lemon juice (I wanted this to be easy, so I used Santa Cruz's bottled organic real lemon juice) Note: I bet lime juice would be good, too!
1 1/2 teaspoons agave, or brown rice syrup
1 tablespoon apple cider vinegar
1 dried chipotle (I found this at my regular grocery store--if you're "heat"-sensitive, start with a half, & then add more.
3 tablespoons of chopped shallots (I've really grown to love this delicate onion-like veg)
1/2 teaspoon of salt (or not)
1/2 teaspoon of chili powder
1/4 teaspoon of paprika (I think this is for color---I also made it with smoked paprika, which makes it spicier--but we liked it that way. But, I'm just warning you....)
1 fresh garlic clove, minced

Put everything into your blender or Vita-Mix and blend until it's all smooth. Taste it--and adjust the seasoning. If you don't like things too hot, use less chipotle to start, taste, and then add more. This dressing keeps in the refrigerator, covered well, for a week. Serve chilled.

Mandy's Spicy Vinaigrette

"Here is one I got from my favorite beach on the Florida panhandle "George's at Aly's Beach". They did not give me the measurements, just the ingredients. So these are all to taste, but the way I like it! You can add more kick if you want!"

Prep time -- No time! Maybe 1 minute :)

1/4 cup Balsamic Vinegar
1/2 Tbsp Honey
1/2 - 3/4 tsp "Chili Garlic Sauce" by Huy Fong Vietnamese Foods (can buy at Walmart, huyfong.com, Amazon.com, etc.)

Whisk together ingredients. Adjust more chili garlic sauce to taste.



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Nathan Pritikin's Italian Dressing

Submitted by Anonymous, who found that flavors are better on the second day.

1/2 cup freshly squeezed lemon juice
1/2 cup salad vinegar (I use rice vinegar)
1/4 cup frozen apple juice concentrate
1/4 cup water
2 green onions, chopped
1/4 tsp. dried sage
1/4 tsp. garlic powder

Combine all ingredients.

HGK's Creamy Asian Dressing

adapted from a recipe from <http://www.choosingraw.com/>.

This dressing rocks! makes 2 1/4 cups

1 inch fresh ginger, peeled
1/2 cup raw almonds
2 tsp toasted sesame oil
juice of one lime (2+ Tbsp, and you could even use more)
4 Tbsp mellow white miso
6 dates pitted or 1/4 cup maple syrup
2 Tbsp low sodium soy sauce or Tamari or Nama Shoyu
1 cup water

Place all ingredients into a blender or food processor and blend until creamy.

Creamy Vegan Ranch Dressing

makes about 2 cups

15 ounces silken tofu, drained/squeezed dry
1/3 cup apple cider vinegar
3/4 tsp celery seed
3/4 tsp coriander
1/2 tsp garlic powder
1/2 tsp onion powder
1/2 tsp fine black pepper
1/4 tsp cayenne
2 Tbsp maple syrup - grade b (start with 1 Tbsp and add to taste, I found 2 was too sweet)
salt to taste

Place all ingredients into blender or food processor and process until smooth.



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Cooking in Color's Simple No-oil Dressing

<http://nanetteblanchard.blogspot.com/>

Equal parts Dijon or stone-ground mustard, agave nectar (HGK recommends maple syrup), and unseasoned rice wine vinegar

Cooking in Color's Catalina Dressing

<http://nanetteblanchard.blogspot.com/>

1/4 c. ketchup
2 Tbsp agave nectar or maple syrup
2 Tbsp red wine vinegar
2 Tbsp apple cider vinegar
1/4 c. minced onion, 1 clove garlic
1/2 tsp paprika
1/2 tsp vegan Worcestershire sauce (I use Annie's Naturals Organic Worcestershire sauce)
sprinkling of black pepper
optional: apple juice

Blend this up until smooth and add about 1/4 c. water or until desired thickness. I occasionally make this sweeter by adding some apple juice.

Piquant Dressing

from Jennifer Raymond's vegetarian cookbook Fat-Free and Easy

"Here's one my DH likes - it is . Taste it for sweetness - sometimes I add some agave nectar or maple syrup." Nanette Blanchard

Makes about 1/3 cup
1/4 c. seasoned rice vinegar (I use unseasoned)
2 Tbsp. ketchup
1 tsp. stone ground mustard
1 garlic clove, pressed or crushed
1/2 tsp paprika
1/4 tsp oregano
1/8 tsp cumin

Whisk all ingredients together.



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Cooking in Color's Smoky Tomato Dressing

based on one in Joanne Stepaniak's The Saucy Vegetarian

<http://nanetteblanchard.blogspot.com/>

1/4 c ketchup
1/4 c apple juice
1/4 c white balsamic vinegar
1 clove garlic
several drops of liquid smoke
salt and pepper to taste

Blend this until smooth, adding water to dilute until desired thickness. (Extra sweetener might be needed depending on the sweetness of the ketchup.)

If too thick dilute it with a little water or orange juice to desired consistency.

Prevent and Reverse Heart Disease's Hummus Salad Dressing

"My favorite dressing of all time is the Hummus Salad Dressing in Dr. Esselstyn's book 'Prevent and Reverse Heart Disease.' It goes so well with green lettuce salads, any other salads (tomato, cucumber, artichoke, celery, etc) and rice or grains salad. Tangy and delicious! It sticks well to lettuce leaves. I always have a container with some of this dressing in my fridge." Jos

Makes 1/4 cup
2 heaping tablespoons no tahini hummus
2 tablespoons balsamic vinegar or vinegar of choice
1/2 teaspoon mustard of choice

Mix and use or refrigerate for later use.

Chef Aj's House Dressing

courtesy of Chef Aj, <http://www.chefajshhealthykitchen.com/>

1/2 cup water
4 tablespoons tahini
4 tablespoons Dijon or stone ground mustard
4 tablespoons sodium tamari or raw coconut aminos
6 tablespoons fresh lemon or lime juice
8 tablespoons nutritional yeast
1 tablespoon date syrup or maple syrup

Place all ingredients into blender or food processor and process until smooth.



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Jane Esselstyn's 3-2-1 Dressing

"It's so easy and good and you can make lots of variations." Penny Urwiler

3 Tbsp vinegar

2 Tbsp mustard

1 Tbsp agave (HGK would sub in maple syrup)

Appetite for Reduction's Basic Dressing

by Isa Chandra Moskowitz

"I've made this with different vinegars and mustards, always good." Penny Urwiler

¼ cup cashew pieces

2 Tbsp chopped shallot

½ cup water

¼ cup vinegar

2 tsp Dijon

1 tsp agave (HGK would sub in maple syrup)

¾ tsp salt

A few pinches of pepper

Blend 5 minutes in blender or until very smooth.

Tom Fronczak's Fruity No-oil Dressing

1/4 cup blueberries (or raspberries, strawberries, peaches etc etc)

1/4 cup raspberry vinegar (or red wine vinegar)

4 whole dates (I prefer dates to sweeten, but you could use agave, or maple syrup)

1 small shallot

1 T sunflower seeds (Dr Fuhrman tells us some fat in a salad aids nutrient absorption)

splash of water

Dash of some fresh black pepper

Place all ingredients into a blender or food processor. Blend it up and enjoy! Refrigerates well for 4-5 days.



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Appetite for Reduction's Green Goddess Garlic Dressing

"I would have been happy taking a bath in it. Delicious." Ally G

2-3 average sized cloves of garlic
1/2 C fresh chives
1/2 cup fresh parsley
3 T tahini
2 T nutritional yeast
1 T miso
1/3 C water
2 T fresh lemon juice
1/2 t salt

Pulse the garlic, the chives, and the parsley in a food processor to chop everything up. Add the remaining ingredients and blend until very smooth. Use a rubber spatula to scrape down the sides a few times. Now adjust to your liking. More salt, more garlic, you can thin the dressing with a 1 or 2 T of water. Note, it will thicken a bit as it's refrigerated, so if it appears thin, don't worry.

Very Benevolent Caesar Salad Dressing

"I've been making this dressing for two years now, and I'm ready for a change, so I'm excited to see your list! I got this from Miyoko Schinner when I attended a five-day McDougall course out in Santa Rosa. It was heaven.

Anyway, I'll write the dressing as she created it (omitting the oil of course). But I sub out the almond meal for wheat germ—it's a perfectly great substitute, you don't miss the fatty almond meal at all (but it is wicked tasty with it...be warned!!)." Mairead (a.k.a. chickpeafreak)

2 tablespoons almond meal (or wheat germ)
3 cloves garlic, pressed through a garlic press
3 tablespoons Dijon mustard
3 tablespoons nutritional yeast flakes
2 tablespoons soy sauce
3 tablespoons lemon juice
1/4 cup water

Combine almond meal, garlic, mustard and nutritional yeast to make a paste, then whisk in the remaining ingredients.