

Creamy Italian Dressing (no-oil)

INGREDIENTS

$\frac{3}{4}$ cup (180 milliliters/about 110 grams) raw cashews, boiled for 5 minutes or soaked 4 or more hours in room temp water, then drained

$\frac{3}{4}$ cup (180 milliliters) warm water

3 tablespoons (45 milliliters) red wine vinegar

1 tablespoon (15 milliliters) fresh lemon juice

1 tablespoon (15 milliliters) honey, or agave syrup, or to taste

1 teaspoon (5 milliliters) Dijon mustard

$\frac{1}{2}$ teaspoon (2.5 milliliters) garlic powder

$\frac{1}{4}$ teaspoon (1.25 milliliters) paprika

$\frac{3}{4}$ teaspoon (3.75 milliliters) salt

$\frac{1}{4}$ teaspoon (2.5 milliliters) freshly ground black pepper

1 tablespoon (15 milliliters) Italian seasoning



INSTRUCTIONS

1. Add all ingredients except Italian seasoning to the blender and blend until it is totally smooth (rub a bit of dressing between two fingers; if gritty, continue blending until no grit remains). Then, add Italian seasoning and blend briefly to combine. Bits of Italian seasoning should still be visible and not fully blended in. This recipe is best if allowed to sit at least 1 hour before serving. If too tangy/acidic, add more sweetener. Store in a 1-pint (0.5-liter) jar in the refrigerator. Use within 7 days. This can also be frozen; thaw in the refrigerator before using. It will be thicker after thawing than when it was made fresh.

Nutritional Info (per 2 tablespoon [30 milliliter] serving): Calories 43, Total Fat 3 g, Saturated Fat 0.6 g, Cholesterol 0 mg, Sodium 119 mg, Total Carbohydrate 3.6 g, Dietary Fiber 0.4 g, Sugars 1.4 g, Protein 1.1 g, Calcium 1%, Iron 3%, Vitamin A 1%, Vitamin C 1%, Magnesium 4%, Potassium 1%, Zinc 3%

► To view the video for this recipe, and all electronic resources associated with the Culinary Medicine Curriculum, please see <https://bit.ly/culinarymededucation>.