

No-oil and Low-oil Dressing Options for Salads and More

Some of the recipes below need to be blended—ideally in a high-powered blender—for best results. If you don't have a high-powered blender, make sure not to skip the soaking or boiling step for the nuts and plan to blend as long as needed to achieve a smooth result.

LOW-OIL AND NO-OIL DRESSINGS:

- "Lemon Tahini Dressing (no-oil)"
- "Easy Peanut (or Sunflower Seed) Sauce/Dressing (no-oil)"
- "Berry Balsamic Dressing (no-oil)"
- "Creamy Pesto Dressing (no-oil)"
- "Creamy Italian Dressing (no-oil)"
- "Carrot Ginger Dressing (no-oil)"
- "Cashew Ranch Dressing (low-oil)"
- "Soy Sesame Ginger Dressing (low-oil)"
- "Soy Lemon Vinaigrette (low-oil)"



Lemon Tahini Dressing (no-oil)

INGREDIENTS

¼ cup (60 milliliters) tahini
(roasted, if possible)

1 tablespoon (15 milliliters)
maple syrup

Juice of 1 large lemon (about
3 tablespoons [45 milliliters]),
or more to taste

½ teaspoon (2.5 milliliters) salt,
or more to taste

½ teaspoon (2.5 milliliters) garlic
powder (or 1 clove garlic, grated)

1/8 teaspoon (a pinch)
cayenne pepper, or to taste

3 tablespoons (45 milliliters) hot
water to thin, or more if needed
to achieve desired consistency



INSTRUCTIONS

1. Whisk all ingredients together in a small mixing bowl. Thin more than you think necessary with water, and adjust seasoning with lemon juice, cayenne, and salt, to taste. This dressing thickens as it sits. Then, transfer to a 1-cup (240-milliliter) canning jar (or other small jar) with a lid. The jar serves as a storage container and allows for easy shaking to recombine ingredients if they separate in the refrigerator between uses. Use within 7 days.

NOTES

- If your tahini is hard and separated, add to a microwave-safe bowl, heat for a few seconds to melt, and then whisk ingredients together.
- The small volume of this recipe can be challenging for large blenders, but if doubling or tripling the recipe, or if using a small blender, you may also be able to blend this recipe rather than whisking. If blending, no need to soften hard tahini in the microwave before preparing.

Nutritional Info (per 2 tablespoon [30 milliliter] serving): Calories 71, Total Fat 5.3 g, Saturated Fat 0.7 g, Cholesterol 0 mg, Sodium 200 mg, Total Carbohydrate 5.1 g, Dietary Fiber 1 g, Sugars 2.3 g, Protein 1.8 g, Calcium 4%, Iron 5%, Potassium 1%, Zinc 5%, Vitamin C 3%

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Easy Peanut (or Sunflower Seed) Sauce/Dressing (no-oil)

INGREDIENTS

½ cup (120 milliliters) unsalted, natural creamy peanut butter (or sunflower seed butter if avoiding peanuts)

1½ tablespoons (22.5 milliliters) low-sodium soy sauce or tamari

2 tablespoons (30 milliliters) packed brown sugar (or date paste)

Juice of ½ lime, or more to taste

1 teaspoon (5 milliliters) chili garlic sauce (can substitute 1/8 teaspoon ground cayenne pepper plus 1 clove minced garlic)

½ teaspoon (2.5 milliliters) freshly grated ginger, optional

4 to 6 tablespoons (60 to 90 milliliters) hot water, or more as needed to thin to desired consistency

¼ cup (60 milliliters) finely chopped cilantro, optional

¼ cup (60 milliliters) finely chopped scallions, optional



INSTRUCTIONS

1. Whisk together peanut (or sunflower seed) butter, soy sauce, brown sugar, lime juice, chili garlic sauce, and ginger; thin with hot water to a bit thinner than desired consistency. This will thicken as it sits. Adjust seasoning to taste with more lime juice, chili garlic sauce, or soy sauce, if needed. You can either stir cilantro and scallions into the sauce or set aside and use them for garnish on the dish you're serving the sauce/dressing with. This fits in a 1-cup (240-milliliter) jar without the cilantro and scallions; use a slightly larger jar if stirring these in. Refrigerate. Use within 7 days.

NOTES

- Cold water will make the sauce chunky; hot water is important for a smooth sauce.

Nutritional Info (per 2 tablespoon [30 milliliter] serving): Calories 105, Total Fat 11.5 g, Saturated Fat 7.2 g, Cholesterol 0 mg, Sodium 98 mg, Total Carbohydrate 4.1 g, Dietary Fiber 0 g, Sugars 2.8 g, Protein 0.5 g, Calcium 1%, Potassium 3%, Vitamin A 11%

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Berry Balsamic Dressing (no-oil)

INGREDIENTS

½ cup (120 milliliters) fresh or frozen wild blueberries, raspberries, or cherries

1 teaspoon (5 milliliters) Dijon mustard

1 small clove garlic, peeled

¼ cup (60 milliliters) balsamic vinegar

¼ cup (60 milliliters) water

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

1/8 teaspoon (0.6 milliliters) freshly ground black pepper

¼ teaspoon (1.25 milliliters) salt



INSTRUCTIONS

1. Add all ingredients to a blender and blend until completely smooth. Adjust seasoning to taste with additional honey or salt, if needed. Store in a 1-cup (240-milliliter) jar in the refrigerator. Use within 7 days.

Nutritional Info (per 2 tablespoon [30 milliliter] serving): Calories 21, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 91 mg, Total Carbohydrate 4.9 g, Dietary Fiber 0.4 g, Sugars 3.4 g, Protein 0 g, Zinc 1%, Iron 1%

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Creamy Pesto Dressing (no-oil)

INGREDIENTS

3 cloves garlic, roughly chopped

½ cup (120 milliliters)
mashed silken tofu

2 tablespoons (30 milliliters)
lemon juice, or more to taste

2 tablespoons (30 milliliters)
raw cashew butter

½ cup (120 milliliters) packed fresh
parsley, tough stems removed*

3 cups (720 milliliters)
packed fresh basil leaves*

¼ cup (60 milliliters) toasted
pine nuts or walnuts

1/3 cup (80 milliliters)
nutritional yeast

A couple dashes mild
curry powder, optional

¼ teaspoon (1.25 milliliters)
salt, or to taste (may need up
to ½ teaspoon [2.5 milliliters])

Water to thin, if needed



INSTRUCTIONS

1. Place all ingredients into a blender or food processor and blend/process until nearly smooth. Thin with water to desired consistency. Adjust seasoning to taste with lemon juice and salt, if needed. Store in a 1-pint (0.5-liter) jar in the refrigerator. Use within 7 days.

NOTES

- *If omitting parsley, use 3½ cups (840 milliliters) basil.

Nutritional Info (per 2 tablespoon [30 milliliter] serving): Calories 49, Total Fat 3.5 g, Saturated Fat 0.6 g, Cholesterol 0 mg, Sodium 79 mg, Total Carbohydrate 2.5 g, Dietary Fiber 0.9 g, Sugars 0 g, Protein 2.5 g, Calcium 2%, Iron 4%, Vitamin A 4%, Vitamin C 6%, Potassium 2%, Magnesium 5%, Zinc 3%

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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%

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Carrot Ginger Dressing (no-oil)

INGREDIENTS

2 medium carrots, peeled and roughly chopped

¼ cup (60 milliliters) freshly squeezed orange juice

¼ cup (60 milliliters) water

1½ tablespoons (22.5 milliliters) freshly grated ginger

1½ tablespoons (22.5 milliliters) tahini

1 tablespoon (15 milliliters) low-sodium soy sauce, or to taste

1½ teaspoons (7.5 milliliters) rice vinegar, or more to taste

1 small clove garlic, peeled



INSTRUCTIONS

1. Add all ingredients to a blender and blend until smooth. Adjust seasoning to taste with more rice vinegar or soy sauce, if needed. Store in a 1-pint (0.5-liter) jar in the refrigerator. Use within 7 days.

Nutritional Info (per 2 tablespoon [30 milliliter] serving): Calories 18, Total Fat 0.4 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 50 mg, Total Carbohydrate 2.7 g, Dietary Fiber 0 g, Sugars 2 g, Protein 0.8 g, Calcium 1%, Iron 1%

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Cashew Ranch Dressing (low-oil)

INGREDIENTS

1¼ cups (300 milliliters/about 180 grams) raw cashews, boiled for 5 minutes or soaked 4 or more hours in room temp water, then drained

¾ cup (180 milliliters) water

3 tablespoons (45 milliliters) lemon juice

2 tablespoons (30 milliliters) apple cider vinegar

1/3 cup (80 milliliters) extra virgin olive oil (can use water, but it won't be as flavorful or as convincing a substitute)

3 tablespoons (45 milliliters) agave syrup

2 cloves garlic

1 tablespoon (15 milliliters) onion powder

½ teaspoon (2.5 milliliters) kosher salt, or to taste

1 teaspoon (5 milliliters) dried dill



INSTRUCTIONS

1. Thoroughly blend all ingredients except the dill. When thoroughly blended, rub a bit of dressing between two fingers; if gritty, continue blending until no grit remains. Then, add dill and briefly blend, with the goal being able to still see green flecks in the dressing. The dill shouldn't be thoroughly blended in. Dried chives and parsley are also tasty additions to this dressing; add with dill, if using. This recipe is best if allowed to sit at least 1 hour in the refrigerator before serving. Most people who taste this find it to taste essentially exactly like buttermilk/traditional ranch dressings. Store in a 1-pint (0.5-liter) jar in the refrigerator and use within 7 days. This can also be frozen; thaw in the refrigerator before using. It is very thick after thawing.

Nutritional Info (per 2 tablespoon [30 milliliter] serving): Calories 113, Total Fat 9.2 g, Saturated Fat 1.4 g, Cholesterol 0 mg, Sodium 122 mg, Total Carbohydrate 6.9 g, Dietary Fiber 0.6 g, Sugars 3.5 g, Protein 2 g, Vitamin A 0%, Vitamin C 2%, Calcium 1%, Iron 4%

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Soy Sesame Ginger Dressing (low-oil)

INGREDIENTS

1 clove garlic, minced

2 teaspoons (10 milliliters)
grated ginger

¼ cup (60 milliliters)
unseasoned rice vinegar

¼ cup (60 milliliters) low-sodium
soy sauce or tamari

2 tablespoons (30 milliliters)
toasted sesame oil

¼ cup (60 milliliters) untoasted/
regular sesame oil or olive oil

1 tablespoon (15 milliliters)
agave syrup



INSTRUCTIONS

1. No need to blend—can be made by shaking ingredients together in a 1-cup (240-milliliter) jar with a lid or whisking together in a bowl like a traditional vinaigrette. Store in the refrigerator. Use within 7 days.

Nutritional Info (per 1 tablespoon [15 milliliter] serving): Calories 53, Total Fat 5.1 g, Saturated Fat 0.7 g, Cholesterol 0 mg, Sodium 105 mg, Total Carbohydrate 1.6 g, Dietary Fiber 0 g, Sugars 1 g, Protein 0 g

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Soy Lemon Vinaigrette (low-oil)

INGREDIENTS

1 large lemon, zested and then juiced (you need 3 tablespoons [45 milliliters] lemon juice)

1 tablespoon (15 milliliters) sesame oil

1 tablespoon (15 milliliters) low-sodium soy sauce

1 teaspoon (5 milliliters) honey or agave syrup

1 teaspoon (5 milliliters) toasted sesame seeds, optional

Freshly ground black pepper, to taste



INSTRUCTIONS

1. No need to blend—can be made by shaking ingredients together in a jar or whisking together in a bowl like a traditional vinaigrette. Soy sauce provides the salt; no need to add additional. Including the lemon zest along with the lemon juice makes a more intense lemon flavor. Store in a 1-cup (240-milliliter) jar with a lid in the refrigerator. Use within 7 days.

Nutritional Info (per 2 tablespoon [30 milliliter] serving): Calories 69, Total Fat 6.1 g, Saturated Fat 0.9 g, Cholesterol 0 mg, Sodium 145 mg, Total Carbohydrate 3.8 g, Dietary Fiber 0 g, Sugars 2.6 g, Protein 0.5 g, Vitamin C 7%, Potassium 4%

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