

HONEY VINAIGRETTE

INGREDIENTS

INGREDIENT CHECKLIST

2 TEASPOON DIJON MUSTARD
1/2 TEASPOON MINCED GARLIC
1/2 CUP WHITE-WINE VINEGAR
1/4 CUP CLOVER HONEY
1/2 CUP EXTRA-VIRGIN OLIVE OIL
2-3 TABLESPOON DISTILLED WATER
1/4 CUP CHOPPED PARSLEY
1/2 CUP CHOPPED CILANTRO
1 MED ORANGE JUICED
SALT AND PEPPER TO TASTE



OPTION 1

STEP 1

COMBINE ALL INGREDIENTS IN BLENDER AND PULSE UNTIL COMBINED.

OPTION 2

STEP 1

FINELY CHOP HERBS AND GARLIC

STEP 2

VIGOROUSLY WHISK REMAINING INGREDIENTS AND ADD HERBS AND GARLIC.

STEP 3

STORE IN BOTTLE AND REFRIGERATE

NOTE AND SUBS:

YOU MAY SUBSTITUTE HONEY WITH DATE SYRUP, MOLASSES, MAPLE OR PREFERRED SWEETENER. BE ADVISE SUBS ADD A SLIGHTLY DIFFERENT FLAVOR SO DON'T FORGET TO BALANCE WITH ADDITIONAL SPICES AND ACCENTS IF NEEDED

GET CREATIVE! PLAY WITH THE HERBS, TRY FENNEL, PARSLEY, CILANTRO FOR A MEDITERRANEAN FLARE.

SPICY RANCH

PREP TIME 5 MINUTES

TOTAL TIME 5 MINUTES

INGREDIENTS

- 3/4 CUP SOUR CREAM
- 1/4 CUP GREEK YOGURT (OR MAYO)
- 1/4 CUP WHOLE MILK (OR BUTTERMILK)
- 1/4 CUP LOOSELY PACKED FRESH PARSLEY
- 1-2 TABLESPOON FRANK'S RED HOT SAUCE ORIGINAL (OPTIONAL)
- 1 TABLESPOON FRESHLY SQUEEZED LIME JUICE
- 1 MEDIUM CLOVE GARLIC (MINCED)
- 1 TEASPOON DEHYDRATED ONION FLAKES
- 3/4 TEASPOON KOSHER SALT (PLUS MORE TO TASTE)
- 1/2 TEASPOON DRIED DILL
- 1/2 TEASPOON PARSLEY
- 1/4 TEASPOON GROUND BLACK PEPPER
- 1/8 TEASPOON CAYENNE PEPPER

INSTRUCTIONS

1. ADD ALL INGREDIENTS TO A FOOD PROCESSOR, AND PULSE TO COMBINE.
2. STOP BLENDING WHILE THERE ARE STILL VISIBLE BITS OF PARSLEY, AND BEFORE THE DRESSING BECOMES AN EVEN PUREE.

NOTE: SUBSTITUTE FRANKS RED HOT WITH YOUR PREFERRED HOTSAUCE OR EXCLUDE ALTOGETHER (SEEN IN PICTURE)

