

DRESSINGS

Strawberry Vinaigrette

Strawberries

1 tablespoon apple cider vinegar

1 tablespoon lemon juice

Stevia to taste

Dash of salt

Dash of cayenne (optional)

Fresh ground black pepper to taste

Stevia to taste

Combine all ingredients in food processor. Puree until smooth. Pour over fresh arugula or green salad. Garnish with sliced strawberries and freshly ground black pepper.

Makes 1 serving (1 fruit)

Savory Dill Dressing/Marinade

Fresh dill minced

2 tablespoons lemon juice

2 tablespoons apple cider vinegar

2 tablespoons chicken or vegetable broth

½ teaspoon Old Bay seasoning mix

Salt and pepper to taste

Combine ingredients, allow the flavors to marinate for 30 minutes or more and serve as a marinade for fish or a dressing for vegetables or salad. For use as a marinade, double or triple the recipe as needed.

Makes 1 serving

Orange Tarragon Marinade

¼ cup chicken or vegetable broth

2 tablespoons apple cider vinegar (tarragon vinegar infusion page 46)

½ orange juiced

1 clove of garlic crushed and minced

1 teaspoon fresh tarragon chopped

¼ teaspoon onion powder

Salt and pepper to taste

Combine liquid ingredients with spices and cook on low heat for 3 minutes. Remove from heat and cool. Marinate chicken or fish for 20 minutes or more. Cook chicken or fish in remaining marinade. Deglaze the pan periodically with a little water. Save the sauce and add apple cider vinegar to make additional dressing for a salad. Serve over a mixed green salad or with other vegetable.

Makes 1 serving (1 fruit)

Tarragon Vinegar

¼ cup apple cider vinegar

Fresh tarragon

Combine vinegar with fresh tarragon in a lidded jar. Crush or roll the tarragon slightly to release the flavor. Allow flavors to infuse into the vinegar overnight or up to a week. Use as a marinade for fish or as the base for a dressing. Add salt and pepper to taste.

Makes multiple servings

Citrus Ginger Dressing/Marinade

1 tablespoon lemon juice

2 tablespoons orange juice

1 teaspoon apple cider vinegar

1 tablespoon Bragg's liquid aminos

Ginger fresh or ground to taste

Salt and fresh black pepper to taste

Stevia to taste

Combine spices with liquid ingredients. Enjoy over salad or double the recipe for use as a marinade. Warm slightly to enhance the flavors.

Makes 1-2 serving (1 fruit) Serve with additional orange slices to complete a fruit serving.

Teriyaki Sauce

½ cup beef or chicken broth

¼ cup Bragg's liquid aminos

2 tablespoons apple cider vinegar

Orange juice (Juice from 3 segments)

¼ cup lemon juice

1 tablespoon finely minced onion

1 teaspoon garlic powder

1 teaspoon onion powder

½ teaspoon powdered ginger or grated fresh ginger

1 clove finely minced garlic

Lemon and/or orange zest to taste

Stevia to taste

Combine all ingredients in a small saucepan and bring to a boil. Reduce heat and simmer for 20 minutes or until liquid is reduced. The longer you simmer the richer the flavors. As the liquid reduces, deglaze the pan with a little water or broth to intensify the flavors. Enjoy as a glaze or sauce with chicken or beef.

Makes 1-2 servings (1 fruit)

Horseradish Marinade/Dipping Sauce

¼ cup beef broth

1 teaspoon of horseradish or to taste

½ teaspoon garlic powder

¼ teaspoon paprika

Whisk the ingredients together and heat the sauce in a small saucepan. Pour into dipping bowl or use as a sauce or marinade and enjoy with beef dishes.

Makes 1-2 servings

Ketchup

3 ounces tomato paste

3 tablespoons apple cider vinegar

1 tablespoon lemon juice

¼ teaspoon celery salt

½ teaspoon paprika

¼ teaspoon mustard powder

Pinch of nutmeg and clove

Pinch of black pepper

¼ teaspoon onion powder

¼ teaspoon garlic powder

Stevia or to taste

Dissolve spices in vinegar and lemon juice. Add tomato paste and mix thoroughly. Add additional lemon juice, vinegar or a little water until desired consistency is reached.

Makes 2 or more servings (1 vegetable)

Marinara Sauce

4 large tomatoes or as many as you want if you wish to increase the recipe

1 cup chicken or vegetable broth

1 6 ounce can tomato paste

1 tablespoon dried basil or fresh rolled and chopped basil to taste

2 tablespoons minced onion

2 cloves of garlic crushed and minced

1 teaspoon dried oregano

Salt and pepper to taste

Cayenne pepper to taste

Pinch of marjoram

Chop tomatoes or puree in a food processor for a smoother texture, add spices and heat in a saucepan. Allow to slow cook for 30 minutes to an hour. Allow the liquid to reduce or add additional water to achieve desired consistency.

Makes 2 or more servings (1 vegetable)

Tomato Picante Dressing

1 medium tomato chopped

1 8 ounce can tomato sauce

1 clove garlic crushed and chopped

1 teaspoon mustard powder

2 tablespoons lemon juice
½ teaspoon ground cumin
½ teaspoon chili powder
Pinch cayenne pepper
Salt and black pepper to taste
Apple cider vinegar to taste

Put tomato and garlic into food processor and puree. Add mustard, lemon juice, cumin, chili powder, cayenne, and salt and tomato sauce. Blend until smooth. Transfer to a jar and refrigerate. Stir before using.

Makes 2-4 servings (1 vegetable)

Homemade Mustard

2 tablespoons ground mustard powder
1 tablespoon garlic powder
1 tablespoon onion powder
½ teaspoon ground ginger
½ teaspoon grated horseradish (optional)
½ cup apple cider vinegar
¼ cup water
1 tablespoon lemon juice
Stevia to taste

Mix ingredients together thoroughly, heat in a saucepan for 2-3 minutes. Pack warm mustard into a jar and top with lemon juice. Mustard will last up to two weeks in the refrigerator. Add water as needed for consistency.

Makes 1-2 servings

Grapefruit Vinaigrette

Juice of 3 segments of grapefruit
1 tablespoon lemon juice
1 teaspoon apple cider vinegar (optional)
Stevia to taste

Combine juices and vinegar together. Add stevia to taste. Pour over mixed green salad and top with remaining grapefruit segments. Use as a marinade for fish, shrimp or chicken. Add salt and fresh ground pepper.

Makes 1-2 servings (1 fruit)

Tomato Basil Vinaigrette

3 tablespoons tomato paste
3 tablespoons apple cider vinegar
2 tablespoons lemon juice
¼ cup water, chicken or vegetable broth
1 tablespoon minced onion
½ teaspoon garlic powder
½ teaspoon onion powder
1 teaspoon dried basil or fresh rolled and sliced basil leaves to taste

1/8 teaspoon oregano

Cayenne pepper to taste

Stevia to taste

Combine ingredients in a small saucepan and heat slightly to a boil. Adjust liquid to desired consistency by adding a little more water or broth. Remove from heat and chill. Enjoy over salad with fresh ground black pepper.

Makes 2-3 servings (1 vegetable)

Italian Vinaigrette

½ cup chicken or vegetable broth

2 tablespoon apple cider vinegar

2 tablespoons lemon juice

1 teaspoon organic Italian herb spice blend

2 tablespoons finely minced onion

½ teaspoon garlic powder

½ teaspoon onion powder

Combine ingredients in small saucepan. Simmer on low heat for 5 minutes to combine flavors. Remove from heat, chill, and serve as a dressing or use as a marinade.

Makes 2 or more servings

Phase 3 modifications: Add olive oil or omit the lemon juice and stir in sour cream or mayonnaise to make creamy Italian dressing.

Hot Cajun Dressing/Dipping Sauce

3 tablespoons apple cider vinegar

1 tablespoon lemon juice

Dash of garlic powder

Dash of onion powder

Cayenne pepper to taste

Salt and black pepper to taste

¼ teaspoon Old Bay seasoning mix (optional)

Stevia (optional)

Combine ingredients in small bowl and pour over salad. You can also serve this as a dipping sauce or marinade for vegetables or fish.

Makes 1-2 servings

Salsa

1 cup fresh chopped tomato

3 tablespoons lemon juice

1 tablespoon apple cider vinegar (optional)

2 cloves garlic crushed and minced

2 tablespoons finely chopped onion

¼ teaspoon chili powder

¼ teaspoon fresh or dried oregano

Cayenne pepper to taste

Fresh chopped cilantro

Salt and pepper to taste

Puree ingredients in food processor for smooth salsa or chop ingredients by hand for chunkier salsa. Add spices and chill in the refrigerator for 10 minutes or more to allow flavors to blend.

Makes 1-2 serving (1 vegetable)

Phase 3 modifications: Add chopped jalapeno or chipotle peppers. Mix with avocado to make guacamole. Serve salsa over a block of cream cheese as a dip for vegetables.

Barbeque Sauce

3 ounces tomato paste

¼ cup apple cider vinegar

3 tablespoons lemon juice

1 tablespoon hot sauce

1 tablespoon minced onion

3 cloves garlic crushed and minced

¼ teaspoon chili powder

Liquid smoke hickory flavoring to taste

½ teaspoon Worcestershire sauce

½ teaspoon garlic powder

½ teaspoon onion powder

1 teaspoon chopped parsley

Stevia to taste (Try a touch of dark chocolate liquid stevia for added flavor)

Cayenne pepper to taste

Salt and pepper to taste

Water as needed to achieve desired consistency

In a small saucepan, combine all ingredients. Mix well and bring to a boil.

Reduce heat and simmer for at least 5 minutes adding a little water to achieve desired consistency and to make sure it doesn't burn. Use as a barbeque sauce for chicken or beef.

Makes 1-2 servings (1 vegetable)

Marinated Apple Relish

1 apple finely minced

1 stalk of celery minced (optional)

2 tablespoons apple cider vinegar

2 tablespoons lemon juice

1 teaspoon minced red onion

Dash of Worcestershire sauce

Salt and pepper to taste

Stevia to taste

Mix apples and celery together. Dissolve spices into liquid ingredients and pour over the apple mixture. Mix well and allow ingredients to marinate for

30 minutes or longer to allow flavors to blend.

Makes 1 serving (1 fruit, 1 vegetable)

Sweet Wasabi Dipping Sauce/Marinade

¼ teaspoon wasabi powder or to taste (Japanese horseradish)

2 or more tablespoons Bragg's liquid aminos

1 tablespoon lemon juice

Stevia to taste

Mix wasabi into Bragg's and add lemon juice and stevia to taste.

Makes 1 serving

Sweet Orange Dressing

Juice of 3 orange juice segments

2 tablespoons lemon juice

1 teaspoon apple cider vinegar (optional)

¼ teaspoon ginger powder

Pinch of turmeric

Pinch of orange zest

Stevia to taste

Dissolve spices and stevia in juice mixture. Heat the dressing slightly in a saucepan then chill until ready to use. You may double the recipe for a marinade. Serve with remaining orange slices.

Makes 1 serving (1 fruit)

French Dressing

¼ cup beef broth

2 tablespoons apple cider vinegar

2 tablespoons lemon juice

1 clove garlic crushed and minced

¼ teaspoon horseradish or to taste

½ teaspoon paprika

1/8 teaspoon mustard powder

Cayenne pepper to taste

Stevia to taste

Dissolve spices in broth, vinegar and lemon juice. Mix well and heat slightly in small saucepan. Chill and serve over mixed greens or vegetables.

Makes 2 servings

Sweet and Spicy Mustard Dressing

2 tablespoons homemade mustard recipe (page 50)

2 tablespoons apple cider vinegar

2 tablespoons lemon juice

1 tablespoon Bragg's liquid aminos

Pinch of turmeric

1 clove garlic finely minced

1 tablespoon minced onion

Stevia to taste

Water to desired consistency

Dissolve spices in liquid ingredients. Mix thoroughly and heat slightly in a saucepan. Add a little water or extra vinegar to create desired consistency.

Makes 1-2 servings

Lemon Pepper Marinade

4 tablespoons lemon juice

3 tablespoons chicken or vegetable broth

Salt and black pepper to taste

Stevia to taste (optional)

Mix ingredients together. Marinate protein for 20 or more minutes.

Makes 1-2 servings

Spicy Orange Sauce

½ orange rolled and slightly juiced with rind

½ lemon slightly juiced and with rind

½ cup water

1 tablespoon minced green onion

1 clove crushed garlic

¼ teaspoon ginger powder

¼ teaspoon garlic powder

Pinch of orange and lemon zest

Pinch of cayenne pepper

Stevia to taste

In a small saucepan add slightly juiced orange with rind and ½ lemon with rind to water. Bring to a boil, reduce heat and simmer adding water as needed. Simmer until the pulp comes out of the rinds. Scrape out the pulp and discard the rinds. Continue stirring and reducing down the liquid by half until desired consistency is reached. Add onion, stevia and spices. Add chicken, white fish or beef and sauté or pour spicy orange sauce over desired cooked protein. Serve with remaining orange slices for garnish.

Makes 1-2 servings (1 fruit)

Tarragon and Garlic Marinade

2-3 sprigs of fresh tarragon

½ cup of apple cider vinegar

2 tablespoons lemon juice

2 cloves of garlic crushed and minced

1 tablespoon diced onion

1 teaspoon salt

Fresh ground black pepper

Pour vinegar and lemon juice into a lidded jar. Add sprigs of tarragon,

garlic, onion, and spices. Marinate overnight or up to a week. Enjoy with fish, chicken, or as a marinade or dressing.