

Apple Vinaigrette

A light, sweet, crisp and creamy vinaigrette, which gets its zing from 2 types of vinegar. It's bold, yet sweet flavor comes from applesauce, syrup, garlic, dijon mustard & coarse ground black pepper. Of all my salad dressings, this is my Wife's favorite.

Serving Info.:

Yield: 2 cups
Serving Size: 1/4
Servings: 8



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Ingredients:

- 1/4 cup apple cider vinegar
- 1/4 cup white wine vinegar
- 1 Tbsp dijon mustard
- 1/8 tsp garlic powder
- 1-1/2 Tbsp sugar free syrup (pancake syrup)
- 2 Tbsp 0 calorie 1-to-1 sugar replacement of choice.
(I used Lakanto monkfruit classic)
- 1/2 cup plain fat free Greek Yogurt
- 3/4 cup unsweetened applesauce
- 3/4 tsp salt
- 1/4 tsp coarse ground black pepper

Directions:

- 1 Whisk everything together in a bowl, till well combined.
- 2 Cover and let set in the fridge for 30 minutes, for the flavors to meld.

Blue Cheese 'Roquefort'

This was a special request from my WW friends in Elizabethtown, Kentucky. This blue cheese dressing is creamy, delicious, and ultra pungent... Have breath mints handy, especially if making this for a first date.

Serving Info.:

Yield: 2 cups
Serving Size: 1/4 cup
Servings: 8



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Ingredients:

- 1-1/4 cup fat free plain Greek Yogurt
- 6 Tbsp water
- 1-1/2 Tbsp white wine vinegar (or regular white vinegar)
- 1 medium garlic clove, crushed, minced
- 1/2 tsp salt
- 1/4 tsp black pepper
- 65-71 grams Blue Cheese. (7-8 Tbsp) You're aiming for 11 points of cheese, whether regular or reduced fat.

Directions:

- 1 Break apart/lightly chop the larger chunks of cheese, into smaller bits. Mix everything together in a bowl, using a whisk, till well combined.
- 2 Let rest, in the fridge, for at least 1 hour.
- 3 Invest in a strong mouthwash

Carrot Ginger

This dressing is my low calorie, creamier version of Benihana's Sesame Carrot & Ginger salad dressing. Domo arigato, Mrs. Roboto.

Serving Info.:

Yield: 2 cups
Serving Size: 1/4 cup
Servings: 8



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Ingredients:

- 1/4 cup water
- 1/2 lb bagged shredded carrots, chopped
- 2 Tbsp fresh ginger root, peeled, minced
- 1/4 cup shallots, peeled and diced
- 1/3 cup rice vinegar (asian food section at the store)
- 5-6 Tbsp low sodium soy sauce, to taste
- 1 Tbsp sesame oil (asian food section at the store)
- 1/4 tsp salt (or more, to taste)
- 1/2 cup plain fat free Greek yogurt

Directions:

- 1 Use an immersion or regular blender to process the shredded and chopped carrots, shallots, ginger, vinegar, water, soy sauce, sesame oil and salt until mostly smooth. NOT pureed. You want to retain some 'bits' of carrots and ginger, for texture. We aren't making a smoothie, folks.
- 2 Stir in the Greek yogurt, till well combined. Allow to set in the fridge for 1 hour.

Catalina

Catalina is a sweet, tangy, tomato based dressing. It's creamy, has a slight pepperiness to it and is a great dressing for folks who like sweet & savory salad dressings.

Serving Info.:

Yield: 2-1/4 cups
Serving Size: 1/4 cup
Servings: 9



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Ingredients:

- 3/4 cup plain fat free Greek yogurt
- 1/2 cup canned tomato sauce (the 0 point stuff)
- 3-1/2 Tbsp red wine vinegar
- 2 tsp paprika, stirred into the vinegar, till dissolved
- 1/2 cup onion, finely diced, then chopped/minced
- 1/2 tsp onion powder
- 2 tsp worcestershire sauce
- 1 tsp light mayonnaise
- 1/4 cup sweetener of choice (swerve, monkfruit, stevia, etc)
- 1/2 tsp salt
- 1/4 tsp pepper
- additional water, to thin the dressing, if desired

Directions:

- 1 Mix all of the ingredients together, until well combined.
- 2 Allow dressing to rest, in the fridge, for 30 minutes.
- 3 Add additional water, if you feel the dressing is too thick.



All hail Caesar, Emperor of the ultra fattening salad bar!

Traditional Caesar dressing has a ton of olive oil, whisked with raw egg yolks and anchovy, giving the real thing a pretty short self life. We're blowing both of those issues out of the water. We're cooking the egg yolks in water, that we're about to thicken to the consistency of oil. We'll still be using olive oil in the dressing, but just enough to give a taste of it. There's also a fun trick for ditching the anchovy filet entirely...Asian fish sauce.

Ingredients:

- 1 cup water
- 1 Tbsp cornstarch
- 4 large egg yolks
- 1 Tbsp olive oil (see notes)
- 3/4 cup plain fat free Greek yogurt
- 2 Tbsp lemon juice
- 1 Tbsp dijon mustard
- 2 tsp worcestershire sauce (or 1/4 tsp asian fish sauce) **see notes**
- 2 Tbsp Kraft reduced fat Parmesan topping
- 1/4 tsp pepper
- 1/2 tsp salt
- pinch of cayenne pepper

Serving Info.:

Yields: 2 cups

Servings 8

Size: 1/4 cup



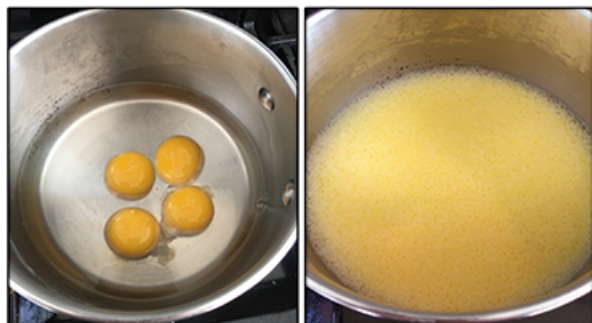
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- 2 Pour the cooked, cooled egg mixture into a tall container if using an immersion blender, or use a regular blender, to blend together the liquid, olive oil, yogurt, lemon juice, mustard, worcestershire (or fish sauce), Parmesan topping, black pepper, salt and cayenne pepper until smooth.



Directions:



- 1 In a small pot, stir together the water and cornstarch with the 4 egg yolks till mixed well. Heat on low-medium heat, till juuuuust starting to bubble, then reduce heat a little just below a simmer. Stir on low heat for 2-3 minutes. It's ok if there's some slight curdling in the liquid. Remove from heat, pour into a bowl and allow to cool to room temp. Seriously, room temp.

- 3 Pour into a container and put into the refrigerator for 1 hour before serving, letting the dressing thicken slightly.

Notes:

- **ANCHOVIES:** REAL Caesar dressing, made from scratch, at fancy restaurants, calls for using a sardine filet, which then gets all smashed up and dissolved into the sauce. I'm not going to make you buy a can of sardines, plus... yuck. So, instead, we are using some worcestershire sauce, which does contain a little bit of anchovy, not much, but it does have a little.
- **ASIAN FISH SAUCE:** Want a more authentic flavor that REAL anchovies would impart into a legit caesar salad, without having to compromise by using worcestershire sauce or mushing up dead fishies? If you have my Asian cookbook, or have ever done any Asian cooking (REAL asian cooking, not skinny blogger stir fry's) you have used "Asian Fish Sauce". You can buy it at most all major grocery stores. It is used a lot in Vietnamese, Thai and Cambodian cuisine. It is essential anchovy water and it adds a TON of savoriness to any dish you put it in. Careful though, it's stinky.

Classic Creamy Coleslaw

A simple, creamy and sweet base for coleslaws and salads. Customize it with some toasted sesame or poppy seeds. This recipe makes enough to dress a large communal bowl o' slaw.

Serving Info.:

Yield: 2/3 cup

Serving Size: 2/3 cup

Servings: entire batch



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Ingredients:

- 1/2 cup plain fat free Greek yogurt
- 1 Tbsp light mayonnaise
- 2 Tbsp water
- 2 Tbsp apple cider vinegar
- 3 Tbsp 0 point sweetener o' choice
- 1/2 tsp salt
- 1/4 tsp pepper

Directions:

- 1 Mix everything together till smooth, done.

Creamy Chipotle

Whoever suggested that I try making this, you suck! You could have said, "Hey Daniel in case you didn't know, Chipotle peppers are actually smoked Jalapenos." My face is melting and I can feel the fluid in my eyes simmering because of you... Jerk!

Serving Info.:

Yield: 2-1/4 cups

Servings: (8) 1/4 cup



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Ingredients:

- 1-1/2 cups plain fat free greek yogurt
- 2-1/2 Tbsp light mayonnaise
- 1/4 cup water
- 3 Tbsp lime juice
- 2 pieces, canned chipotle peppers in adobo sauce
- 1 medium garlic clove
- 2 Tbsp fresh cilantro, finely chopped, packed
- 1/2 tsp McCormick chipotle chili pepper powder, to taste.
- 2 tsp smoked paprika
- 2 tsp paprika
- 1/4 tsp cumin
- 1/2 tsp salt
- 1/4 tsp pepper

Directions:

- 1 Use either an immersion blender, or a regular blender, to blend all of the ingredients together until smooth. Cover and let set for at least 1 hour.
- If you can't find chipotle chili powder at your local grocery stores, you can use another type of smoked chili powder, such as Ancho chili powder.
 - You can find canned peppers in adobo sauce, in the Mexican food aisle of the grocery store.

Creamy Cilantro

This is my ww-ified version of the *El Pollo Loco* creamy cilantro dressing that they give you when you order a tostada. My version's loaded with cilantro, garlic, lime juice and more.

Serving Info.:

Yield: 2 cups

Servings: (8) 1/4 cup



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Ingredients:

- 2 cups fresh cilantro, finely chopped, loosely packed
- 2 medium garlic cloves, chopped
- 2-1/2 Tbsp light mayonnaise
- 1-1/2 cups fat free Greek yogurt
- 2 Tbsp lime juice
- 1/4 cup water
- 1/2 tsp salt, to taste
- 1/8 tsp black pepper
- 1 tsp 0 calorie sugar replacement o' choice

Directions:

- 1 Place all of the ingredients into a food processor and pulse until combined. Then run on high speed for around 30 seconds, till the dressing has a uniform green color.
- 2 Set aside and let rest, in the fridge, for 30 minutes.

Creamy Garlic & Onion

A delicious and savory dressing with roasted garlic and onions, blended with greek yogurt and reduced fat mayo.

Serving Info.:

Yield: 2-1/4 cups

Servings: (9) 1/4 cup



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Ingredients:

- 1 medium yellow or white onion, chopped
- 4-5 medium garlic cloves, chopped
- olive oil or butter flavored cooking spray
- 1 cup fat free Greek yogurt
- 1/2 cup fat free chicken broth, or water (divided)
- 2 tsp worcestershire sauce
- 1/4 cup white wine vinegar (or distilled white vinegar)
- 1 tsp 0 calorie sugar replacement o' choice
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 to 3/4 tsp salt, to taste
- 1/4 tsp pepper
- additional water, if desired, to thin dressing once it's set

Directions:

- 1 Sauté the onions and garlic over medium heat for 5 mins., using cooking spray. Then, add 1/4 cup of broth or water.
- 2 Cook for an additional 5 minutes, then add the rest of the broth or water. Cook 5 more minutes. Remove from heat, let cool to room temperature.
- 3 Use an immersion blender, food processor, or blender to puree all ingredients together till smooth. Done.

Creamy Greek Feta & Dill

A yummy Greek salad dressing that will have you in the mood to roast a whole lamb in your front yard, then paint your garage door like the Greek flag. Opa!

Serving Info.:

Yield: 2-1/4 cups

Servings: (9) 1/4 cup



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Ingredients:

- 1 cup fat free Greek yogurt
- 1/4 cup water
- 2-1/2 Tbsp lemon juice
- 1 tsp light mayonnaise
- 2 medium garlic cloves, crushed, chopped
- 1/4 cup cucumber, peeled and finely diced/chopped
- 1/2 cup reduced fat feta cheese crumbles
- 3 Tbsp fresh dill, finely chopped
- 2 tsp olive oil.
- 1/2 tsp salt
- 1/4 tsp pepper

Directions:

- 1 Use either an immersion blender or a regular blender, to process the ingredients together. Don't completely puree them, you want to leave a little texture.
- 2 If the mixture is too thick for your personal taste, add some water, until you get your desired consistency.

Dijon Vinaigrette

This is an extremely quick to toss together dressing, perfect to replace a traditional, oil-laden dressing.

Serving Info.:

Yield: 1-1/4 cup

Serving Size: 1/4 cup

Servings: 5



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Ingredients:

- 3/4 cup plain fat free Greek yogurt
- 5 Tbsp dijon mustard
- 3 Tbsp white wine vinegar
- 1 tsp olive oil (try to get a bottle labeled 'bold' or 'robust' flavor)
- 1/4 tsp salt
- 1/8 tsp black pepper

Directions:

- 1 Mix everything together till smooth, done.

French

I used to hate French dressing, as a kid. The neon orange goop from a bottle was disgusting. But this stuff is awesome! It's sweet, creamy, tangy, savory and peppery... mmmm.

Serving Info.:

Yield: 2 cups

Servings: (8) 1/4 cup



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Ingredients:

- 1-1/4 cup plain fat free Greek yogurt
- 6 Tbsp (1/3 cup plus 1 Tbsp) tomato sauce
- 1/3 cup apple cider vinegar
- 2 Tbsp water
- 1/4 cup onion, diced and fiiiiinely chopped/minced
- 2 tsp worcestershire sauce
- 2-3/4 tsp paprika
- 1/2 tsp onion powder
- 1/2 tsp dry, ground mustard
- 3 to 4 Tbsp 0 calorie sugar replacement o' choice
- 1/2 tsp salt
- 1/4 tsp black pepper

Directions:

1. Whisk all of the ingredients together in a bowl, till well combined. Set aside in the fridge for 1 hour. Done.

Honey (maple) Mustard

This is my low calorie, reduced sugar, nearly fat free hacked down version of a traditional honey mustard recipe.

Serving Info.:

Yield: 1-3/4 cups

Serving Size: 1/4 cup

Servings: 7



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Ingredients:

- 1 cup plain fat free Greek yogurt
 - 1/4 cup classic yellow mustard
 - 1 Tbsp dijon mustard
 - 1 Tbsp honey
 - 1-1/2 Tbsp sugar free syrup (pancake syrup)
 - 3 Tbsp 0 calorie sugar replacement o' choice
 - 1 Tbsp light mayonnaise
 - 2 Tbsp lemon juice
 - 1/2 tsp dry mustard
 - 1/2 tsp salt
 - 1/8 tsp black pepper
- additional water, if desired, 1 Tbsp at a time

Directions:

- 1 Mix everything together till smooth, done.

- Why the pancake syrup? Sugar Free syrup gives thick sweetness, while the small amount of honey infuses it, for a fraction of the points and calories. Plus, this is easier on the diabetic folks in the audience.

Italian Dressing

This is my hacked down copycat recipe for The Olive Garden's creamy Italian dressing.

Serving Info.:

Yield: 1 cup
Serving Size: 1/4 cup
Servings: 4



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Ingredients:

- 1/2 cup water mixed with 1-1/2 tsp cornstarch
- 1 large egg yolk***
- 1/4 cup white wine vinegar
- 1/4 tsp salt
- 1/4 tsp pepper
- 2 tsp lemon juice
- 1 tsp minced garlic
- 1/4 tsp EACH, dried oregano, dried basil & dried parsley
- 1/8 tsp red pepper flakes
- 2 tsp worcestershire sauce
- 1 tsp light mayonnaise
- 1/2 to 1 tsp 0 point sugar replacement, to taste
- 1/4 cup plain fat free Greek yogurt
- 3-1/2 tsp reduced fat, grated parmesan topping (like Kraft)

Directions:

- 1 Mix and heat the water/cornstarch and yolk in a small pot to a low boil. Simmer and stir for 3 minutes, set aside till cool.
- 2 Use a small blender or immersion blender to blend ALL the ingredients together, till smooth.
- 3 Season with additional salt and pepper, if needed.

Parmesan Black Peppercorn

This creamy dressing has a smoky and subtle heat from black pepper, combined with the savoriness of parmesan.

Serving Info.:

Yield: 2 cups
Servings: (8) 1/4 cup



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Ingredients:

- 1-1/2 cup fat free Greek yogurt
- 2-1/2 Tbsp light mayonnaise
- 6 Tbsp water
- 2 Tbsp lemon juice
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp salt
- 1-1/2 to 2 tsp coarse ground black pepper, to taste
- 3 Tbsp reduced fat parmesan topping (like Kraft)
- 2 tsp worcestershire sauce

Directions:

- 1 Whisk all of the ingredients together in a mixing bowl, until smooth. Let sit for 1 hour in the fridge. Done.

Ranch Dressing

This is Weight Watchers 101, but new folks are ALWAYS asking how to make quick, easy, low point Ranch dressing. So, here ya go.

Serving Info.:

Yield: 2 cups
Serving Size: 1/4 cup
Servings: 8



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Ingredients:

- 1-1/2 cup plain fat free Greek yogurt.
- 1/2 cup water
- 2 tsp white vinegar
- 1 Tbsp light mayonnaise
- 0.4 oz packet Hidden Valley Ranch 'The Original' ranch salad dressing and seasoning mix (the 1 point packet, not the "restaurant style" one, which is 3 points).

Directions:

- 1 Mix everything together till smooth, set aside 30 minutes. Done.

Raspberry (or any fruit) Vinaigrette

This dressing is similar to my apple vinaigrette, but with a few very important tweaks. You can use this as a base recipe for any number of fruit vinaigrettes, by swapping the fruit.

Serving Info.:

Yield: 2 cups
Size: 1/4 cup
Servings: 8



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Ingredients:

- 12oz fresh raspberries. You can also use frozen, but make sure to scan the bag. You want one with no added sugar.
- 1 Tbsp water
- 1/3 cup apple cider vinegar
- 1/4 cup white wine vinegar
- 1 Tbsp dijon mustard
- 2 tsp honey (it's easier if it's slightly warmed up)
- 1-1/2 Tbsp sugar free syrup (pancake syrup)
- 1-1/2 Tbsp 0 point sweetener o' choice (I used monkfruit)
- 1/2 cup plain fat free Greek Yogurt
- 1/4 to 1/2 tsp salt, to taste
- 1/4 tsp cracked black pepper

Directions:

- 1 Rinse the raspberries (if fresh) and heat them in a small pot, with 1 Tbsp water, till they cook down. (3-4 mins.)
- 2 Use an immersion, or regular blender and puree the fruit. Once pureed, pour them through a fine mesh strainer, to remove the seeds. You should end up with 3/4 cup.
- 3 Add all the ingredients into a mixing bowl. Whisk till well combined. Let sit in the fridge for 20 mins., to set.

Notes:

- The fruit puree does NOT HAVE POINTS! It's not a drink. It's being used in a food item that is meant to be consumed via chewing. It's a legit 'in system' rule.

Rice Wine Vinegar Dressing

A creamy, light, tangy and savory Asian dressing. It has a slight hint of sesame and garlic, along with a touch of sweetness.

Serving Info.:

Yield: 1-1/4 cups
Serving Size: 1/4
Servings: 5



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Ingredients:

- 1/2 cup plain fat free Greek yogurt
- 1/2 cup rice vinegar (unseasoned)
- 1 Tbsp white wine
- 1-1/2 Tbsp sugar free syrup (pancake syrup)
- 2 Tbsp lower sodium soy sauce
- 1/4 tsp sesame oil (toasted sesame oil, preferably)
- 1/4 tsp garlic powder
- 1/4 to 1/2 tsp salt, to taste
- 2 Tbsp water, to thin dressing to desired consistency

Directions:

- 1 Whisk everything together in a bowl, till well combined.
- 2 Cover and let set in the fridge for 30 minutes.

- If you can find 0 point 'rice wine vinegar', use it in place of the rice vinegar and white wine, for a total of 9 Tbsp. I have to use rice vinegar plus regular white wine, because no stores near me carry 0 point brands of rice wine vinegar, when scanned.

Sesame Ginger

This is my hacked down copycat recipe for the Sesame Ginger dressing, from 'Panera Bread'.

Serving Info.:

Yield: 1-1/2 cups
Servings: (6) 1/4 cup



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Ingredients:

- 1/2 cup fat free Greek yogurt
- 7 Tbsp rice vinegar
- 1/3 cup low sodium soy sauce
- 3 Tbsp sugar free syrup (pancake syrup)
- 2 tsp powdered peanut butter
- 1/2 tsp curry powder
- 2 tsp 0 calorie sugar replacement o' choice
- 1 tsp ginger, peeled, finely diced/minced
- 2 medium garlic cloves, crushed, minced
- 1-1/2 tsp sesame oil
- 1/2 tsp asian chili sauce (I used Huy Fong chili garlic sauce)
- 1/8 tsp pepper (optional)
- 3 tsp sesame seeds

Directions:

- 1 Toast sesame seeds over medium-low heat, for 4-5 minutes. Once they are slightly golden and fragrant, set aside.
- 2 Whisk all of the ingredients together, in a mixing bowl, until smooth. Done.

Thousand Island

If we're being honest here, the only reason I make this, is so I can put it on burgers, not salads. I'm sure it's good on salads, but I use it for homemade 'Big Mac's and 'In-n-Out'.

Serving Info.:

Yield: 2-1/2 cups
Servings: (10)
Serving Size: 1/4 cup



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Ingredients:

- 1-1/2 cups plain fat free Greek yogurt
- 2-1/2 Tbsp light mayonnaise
- 1/3 cup tomato sauce
- 1/2 cup finely diced onion
- 2 tsp lemon juice
- 2-3/4 tsp paprika
- 1/3 cup dill pickle relish
- 2-3 tsp 0 point sweetener o' choice, to taste
- 1/2 to 3/4 tsp salt, to taste
- 1/4 tsp pepper
- 1 to 2 Tbsp water, if desired, to thin the dressing

Directions:

- 1 Whisk all of the ingredients together to combine. Done.

Notes:

- If you'd prefer to use sweet relish, you can find 0 point sweet relish at some grocery stores. I've personally never seen it, but I always see people posting about it. If you do end up using sugar free sweet relish, remove the 0 point sweetener from the recipe.
- The purpose of the paprika in this recipe is to help give the traditional pink-ish color of the dressing, without adding tomato paste or food coloring, like the bottled stuff. 0 points for the win, baby.