

Apple Vinaigrette

A light, sweet and crisp vinaigrette that gets its creamy zing from Greek yogurt, apples, honey, dijon mustard and 2 types of vinegar. This is my lightened version of Panera's dressing.

Serving Info.:

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



Range

1-1

- last checked 12/06/21 -
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nutritional info.

Ingredients:

- 1/4 cup apple cider vinegar
- 1/4 cup white wine vinegar
- 1 Tbsp dijon mustard
- 1 medium garlic clove, crushed and minced
- 1 Tbsp honey
- 1-1/2 Tbsp sugar free syrup (pancake syrup)
- 1 Tbsp 0 point sweetener of choice (I used Lakanto monkfruit)
- 1/2 cup plain fat free Greek Yogurt
- 1/4 cup honeycrisp apples, peeled, finely diced/chopped
- 1/2 cup PLUS 1 Tbsp unsweetened applesauce
- 3/4 tsp salt
- 1/4 tsp 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



Range

1-2

- last checked 12/06/21 -
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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
- 69-76 grams Blue Cheese. (7-8 Tbsp) You're aiming for 10 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



Range

1-1

- last checked 12/06/21 -
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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 for folks who like sweet & savory salad dressings.

Serving Info.:

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



Range

0-0

- last checked 12/01/21 -
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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.