

**Mexican Spice Blend** (Chatelaine) – use in place of Taco

Seasoning

- 3 Tbsp. Chili Powder
- 2 tsp. each cumin, black pepper, oregano
- 1 tsp. each salt, garlic powder, onion powder, paprika
- ¼ tsp. cayenne pepper

**Ranch Spice Blend** (100 Days of Real Food) – add to sour cream, plain yogurt and/or mayo to make salad dressing or dip. (Use 1 Tbsp. of spice blend per ½ cup sour cream)

- 2 Tbsp. parsley
- 1 tsp. each dill, garlic powder, onion powder
- ½ tsp. each basil, black pepper

**Creamy Caesar Salad Dressing**

- 1 cup Mayonnaise
- 2 Tbsp. parmesan cheese
- 1 Tbsp. lemon juice
- 1 clove garlic, minced
- Milk (add just a little bit at a time until desired consistency)

**Greek Salad Dressing/Marinade**

- ¼ cup fresh lemon juice
- 3 Tbsp. olive oil
- ½ tsp. salt
- 4 tsp. fresh oregano
- 2 tsp. minced garlic
- ¼ cup grated onion

**Asian Sesame Dressing**

- ¼ cup Sesame Seeds, lightly toasted over med-high heat
- ½ cup vegetable oil
- 1/3 cup soy sauce
- 1/3 cup rice vinegar
- 1 tsp. sesame oil
- 3 Tbsp. white sugar
- ½ tsp. ground ginger
- ¼ tsp. black pepper

**Creamy Asian Sesame Dressing** (Weelicious)

- 2 Tbsp. toasted sesame seeds
- ½ tsp. each sesame oil, minced ginger
- 1 Tbsp. each soy sauce, rice vinegar, almond butter, mayonnaise
- 2 Tbsp. oil

**Raspberry Vinaigrette** (theysmell.com)

- ¾ cup olive oil
- ½ cup apple cider vinegar
- 1 tsp. salt
- 1 tsp. basil
- ½ cup frozen (or fresh) raspberries
- ½ cup water

**Red Wine Vinaigrette**

- ¼ cup Red Wine Vinegar
- ½ cup Olive Oil
- 1 Tbsp. white sugar
- 1/8 tsp. red pepper flakes
- Ground Black pepper to taste

**Balsamic Vinaigrette** (Canadian Living)

- ¼ cup olive oil
- 1/3 cup balsamic vinegar
- 1 Tbsp. lemon juice
- 1 tsp. Dijon mustard
- 1 clove garlic, minced
- ¼ tsp. each salt & pepper

**Lime Chili Dressing** (Canadian Living)

- 1 cup vegetable oil
- 2 Tbsp. chili powder
- 2 Tbsp. water
- 4 tsp. granulated sugar
- 1 Tbsp. grated lemon or lime rind
- 2/3 cup lemon or lime juice
- 1 tsp. salt