Oil Free Salad Dressings
That'll Dazzle Your Taste Buds
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Compiled by Trevor Justice
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What’s Wrong With Oil?

Salads are great. However, most salad dressings are made with oil. What’s wrong with that?

Oil has no fiber, no protein, no minerals, and fewer vitamins than the food it comes from. It’s not only a fractured food: It’s 100% fat. So anytime you use more than a smidgeon of oil, the amount of fat in your meal skyrockets!

For example, if you pour just one tablespoon of olive oil over two cups of shredded romaine lettuce, you’ll get 16 calories from the lettuce and 119 calories from the oil.¹

In other words, 88.1% of your calories are from fat! That’s not just troubling for folks who want to lose weight. It’s unhealthy for all of us. Why?

Too much fat in your diet puts you at risk for heart disease, cancer and diabetes.² (Yes, even too much “good” fat like olive oil and flax oil.)

In his book, Healthy At 100, John Robbins studied the societies that live the longest and remain the healthiest — even well past 100 years of age.

These societies consume between 15% and 20% of their calories from fat.³ Respected doctors like Dr. Dean Ornish, Dr. John McDougall, and Dr. Michael Klaper all recommend keeping your fat intake in this same low range to minimize your risk of heart disease, cancer and type 2 diabetes.

That’s Why We Compiled This Book!

In the first half, you’ll find dressing recipes with NO fatty ingredients. If you want to lose weight, or you like to lavish dressing all over your salad, these are the dressings we recommend. They’re low in calories.

In the second half, you’ll find dressing recipes that are oil-free, but get their creamy textures from ingredients like avocados, nut butters, and tofu.

These foods are more nutritious than oil, but they’re still high in fat. Avocados and tahini are about 80% fat. So these dressings should be used in moderation.

Notice that almost all of these recipes contain lemon juice, vinegar, or Vitamin C foods like tomatoes or orange juice. These acidic ingredients help you absorb more iron from the greens in your salad. To learn more about getting enough iron on a vegetarian diet, check out Lesson 7 of The Vegetarian Mastery Program. It’s called: “How To Absorb More Iron From Your Meals”.

¹ 88.1% of 125 calories is 119 calories
² Or even more unhealthy than you might assume
³ 88.1% of 175 calories is 154 calories
Lesson 7 teaches you how to absorb more iron from your meals (with “magic” food combinations). You’ll also learn which foods and beverages interfere with iron absorption, and which food preparation methods release iron-blockers from whole grains, nuts, seeds, and legumes. You’ll also get delicious recipes that employ the “magic” food combinations.

PART 1: FAT FREE DRESSINGS

Sweet and Sour Dressing
By Sergei and Valya Boutenko www.rawfamily.com

This dressing has no fatty foods, yet it’s surprisingly rich. The tanginess of the tomatoes and lemon juice is offset by the honey.

2 large ripe tomatoes, chopped
½ bunch basil
3-4 Tbsp honey (or sweetener of your choice)
1-2 tsp sea salt
¼ cup fresh lemon juice
4 cloves garlic

1. Blend all ingredients in a powerful blender or food processor.
2. Store this dressing in the fridge.
3. This recipe yields about 4½ cups.

Oriental Dressing
By Deepa Deshmukh www.dupagedietitians.com

4 tsp organic tamari, soy sauce or coconut aminos
2 tsp rice wine vinegar
⅛ tsp red pepper flakes (adjust to taste)
⅛ tsp garlic powder (optional)

1. Whisk everything together.
2. Store in the refrigerator.
3. This recipe will cover two to three servings of salad.

Creamy Roasted Red Pepper Dressing
By Deepa Deshmukh www.dupagedietitians.com

½ cup roasted red peppers
1 clove of garlic
¼ tsp lemon juice
¼ tsp sea salt
⅛–½ tsp black pepper

1. Purée everything in a blender until smooth. Store it in a dry glass jar in your refrigerator.
2. Or you can freeze dressing in an ice cube tray. Cover the tray to prevent drying.
3. This dressing will cover two to three servings of salad.
Sweet Sour and Spicy Dressing
By Deepa Deshmukh www.dupagedietitians.com

2 medium ripe tomatoes, diced
1 tsp raisins
½ tsp ginger
1-2 Tbsp water
⅛ tsp chili powder (adjust to taste)
⅛ tsp sea salt (to taste)

1. Combine all of ingredients in a pan and cook on medium heat.
2. Cook for three to five minutes or until tomatoes are done.
3. Allow the mixture to cool. Purée in your blender.
4. Store it in a glass jar in your refrigerator or use an ice-cube tray in the freezer.
5. This dressing will cover two to three servings of salad.

Simple Red Pepper Sauce
By Jill Nussinow, RD www.theveggiequeen.com

This recipe doesn’t contain fatty ingredients. But it’s amazingly rich and tangy. If you cut the vegetable stock in half, it can be used as a dipping sauce.

1 cup roasted red pepper, chopped
¼ cup green onions, chopped
1 clove garlic, chopped
¾ cup vegetable broth
2 Tbsp orange juice
2 Tbsp vinegar
2 Tbsp packed basil leaves, freshly chopped
2 Tbsp Italian parsley
2 tsp soy sauce, tamari or coconut aminos

You can buy roasted red peppers in a jar. If you want to roast red peppers yourself, here’s how:
1. Roast them over a gas burner or outdoor grill by putting it right on the flame until it’s charred.
2. If you don’t have an open flame, cut the peppers in half and put them under the broiler until they are charred. If they are small peppers, you can broil them whole.
3. If you don’t have a broiler, roast them in the oven at 450°F until they are crisp.
4. Put the peppers into a covered bowl or paper bag, and let them steam until they’re cool enough to handle.
5. Peel off the charred part with your fingers. Don’t run it under water, but do clean your hands before doing anything else.

To make the dressing:
1. Blend all ingredients.
2. When blending, start with half the vegetable stock. Then add more until you achieve the texture you desire.
3. This dressing will make about 1½ cups.
4. Store this dressing in your fridge in a glass container.
If you want to learn more about cooking without oil, you’ll love Lesson 28 of The Vegetarian Mastery Program. It’s called: “12 Ways To Make Leafy Greens Delicious Without Drenching Them In Oil”

In Lesson 28 you’ll discover three ways to dress salads without oil, four yummy ways to sneak greens into your daily meals, how to make “wrap” sandwiches using collard greens instead of flat breads, and much more.

**PART 2: DRESSINGS MADE FROM FATTY WHOLE FOODS**

**Guacamole**  
By Nomi Shannon [www.rawgourmet.com](http://www.rawgourmet.com)

Although it’s thicker than traditional dressings, guacamole provides a rich creamy topping for any salad. Avocados provide fat and lemon juice provides tang.

Meredith McCarty likes to point out that while avocado is very nutritious, it has as much fat as cream cheese; about 80% of the calories in a California avocado are from fat.

However, topping your salad with guacamole is far a healthier option than topping a salad with oil-based dressing and adding chopped avocados besides.

1 avocado, chopped  
1 red pepper, chopped  
1 scallion, chopped  
1 celery stalk, chopped  
1 clove garlic, minced  
3 Tbsp lemon juice  
½ tsp tamari, soy sauce, or coconut aminos (to taste)  
⅛ tsp cayenne (or less, to taste)

1. In a bowl, mash the avocado and lemon juice with a fork.  
2. Then mix in the other ingredients.  
3. Taste and adjust the seasonings.  
4. Store in the fridge for up to one day. Tops one to four salads.

**Trevor’s Tangy Tahini Dressing**

In this dressing, tahini provides the fat and an orange provides the tanginess. I like to use a whole orange. But you can also use 1 cup of orange juice.

1 orange, peeled and pulled apart into wedges  
1 scallion  
½ cup tahini  
½ cup tightly packed cilantro  
½ tsp sea salt

1. Combine the orange, scallion, cilantro, and sea salt together in a blender and purée.  
2. Add the tahini and blend again. If you start with the tahini, your blender may struggle.
Indonesian Yum-Yum Dressing
By Nomi Shannon www.rawgourmet.com

If your mouth waters when you hear the words “Thai Peanut sauce”, this healthier version will be a Godsend for you. It tastes great over raw salads and steamed vegetables alike.

Unlike almond oil, which is 100% fat, almond butter provides all of the fiber, vitamins, and minerals of whole almonds — which are one of the only alkalizing nuts.

Almond butter is healthier than peanut butter for two reasons. First, unlike peanuts, almonds are alkaline-forming, not acid-forming.

Second, almonds don’t contain the carcinogenic “aflatoxin” from a fungus naturally occurring in peanuts. Although peanut crops are inspected for this fungus, a certain percentage is “allowed”.

½ cup water
3 Tbsp raw almond butter (may be made with a masticating juicer or food processor)
2 tsp of your favorite liquid sweetener (such as water used to soak dried fruit)
1 tsp Nama Shoyu, Tamari or coconut aminos
½ tsp Chinese Five Spice Powder
1 clove garlic, chopped
1 tsp ground flax seeds (powder in electric coffee grinder or mini food processor)

1. Combine all ingredients in a blender.
2. Blend well.
3. Refrigerate in a glass container.

Lemon-Miso-Tahini Dressing & Fresh Dill
By Meredith McCarty www.healingcuisine.com

Tahini is a purée of hulled sesame seeds. Because the kernels have been removed, tahini doesn’t contain all of the seed’s original fiber. However, tahini is closer to being a whole food than sesame oil. It’s more bitter than almond butter, but equally creamy. Like avocado, it contains 80% calories from fat.

¼ cup sesame tahini
2 Tbsp lemon juice
1 Tbsp any light-colored miso
1 Tbsp fresh dill, minced (Trevor likes this with additional dill)
1 clove garlic, minced or pressed
3-4 Tbsp water (start with less and add gradually)
⅛ tsp sea salt (to taste)

Whisk Method:
1. Mince garlic and dill very finely.
2. Whisk all ingredients In a bowl, adding water gradually until you achieve desired texture.

Blender Method:
1. Using a powerful blender such as the Vitamix or a food processor, purée all ingredients until smooth.
**Elaina's Thai Dressing**
By Elaina Love [www.purejoyplanet.com](http://www.purejoyplanet.com)

¾ cup raw tahini  
¼ cup grated ginger  
6 Tbsp lemon juice  
¼ cup agave nectar  
6 Tbsp tamari  
2 cloves garlic  
1 cup shredded coconut  
1 jalapeño pepper with seeds, chopped  
2 cups water

1. Blend all ingredients together.  
2. If you blender is not particularly strong, add the Tahini after everything else is well-blended. (Store in the fridge.)

**Creamy Ranch Dressing**
By Meredith McCarty [www.healingcuisine.com](http://www.healingcuisine.com)

Although tofu isn’t quite a whole food, it’s more nutritious and lower in fat than oil. It also makes wonderful creamy dressings. It replaces buttermilk and mayonnaise in this popular dairy-free version of the classic Midwestern salad dressing.

Because tofu is naturally high in fat — about 50% — there’s no need for oil in tofu dressings.

Tofu made with calcium sulfate has 50% calories from fat, 40% calories from protein, and 10% calories from carbohydrate.

Tofu made with Nigari has 56% calories from fat, 38% calories from protein, and 6% calories from carbohydrate.

½ pound tofu, about 1 cup, fresh, any texture except extra firm  
1 green onion, sliced  
1 Tbsp parsley  
1 Tbsp fresh dill or 1 teaspoon dry dill  
1 clove garlic  
1½ Tbsp lemon juice  
1 Tbsp umeboshi (pickled plum) paste  
1 Tbsp natural soy sauce or coconut aminos  
2 tsp brown rice vinegar  
¼ tsp white pepper  
¼-½ cup water

1. Purée dressing ingredients, adding water gradually, until smooth.  
3 John Robbins, Healthy at 100 (New York: Ballantine Books, 2006) p57