VINEGAR-FREE PLANT-BASED DRESSINGS

These dressings are designed to help someone avoiding vinegar at least for a while. **All of these recipes will taste great if the vinegar is left out** or if you sub in vegetable broth or water.

If other things like lemon juice, mustard, onion or garlic bother you, just leave them out. The bean base of the sauce with added herbs will carry the flavor. Add water or veg broth as necessary to get the desired consistency.

The vinegar is left in as an ingredient in the recipes in case the sensitivity goes away!

HUMMUS

1 can chickpeas, drained (reserve liquid)
⅔ cup roasted red peppers (from a jar is fine) (optional)
1 garlic clove, chopped (optional)
2-3 tbsp fresh lemon juice or veg broth
¼ cup chickpea liquid, or more as needed
1 tsp soy sauce or ⅛ tsp salt

Combine all ingredients in a food processor. Add more chickpea liquid if it's too thick, or if you want to thin it down to use as a salad dressing.

Variation: To make white bean hummus, substitute a can of white beans for the chickpeas.

HUMMUS DRESSING (Ann Pompa)

½ cup hummus (recipe above e)
½ tsp paprika
½ tsp garlic powder
⅓ cup cold veggie broth
½ tbsp maple syrup
1 tsp white vinegar or rice vinegar (optional)
1 tsp spicy brown mustard (optional)
1 tsp soy sauce or liquid aminos

Blend or whisk together.

LOW-FAT CREAMY DRESSING (Renée Sawka)

One can white beans, drained
2 tbsp plant milk
1 tbsp lemon juice
2½ tbsp cider or rice vinegar
2 tbsp dijon mustard

Combine all ingredients in the food processor or blender until smooth.

BESTO PESTO (from Ann Esselstyn)

15 oz can cannellini beans, rinsed and drained 2 cloves garlic
¼ cup nutritional yeast
Zest of half a lemon (grate half of an uncut lemon)
¼ cup fresh lemon juice (juice of 1 to 2 lemons) or vegetable broth
1 cup fresh basil, chopped

Blend in a food processor until smooth. Serve over pasta, or add plant milk and use as a dressing.

RANCH DRESSING (https://plantifulkiki.com)

½ cup canned white beans
½ cup plain unsweetened soy milk*
1½ tbsp white vinegar (or veg broth or leave out)
½ tsp salt or to taste
½ tsp garlic powder
¼ tsp onion powder
1 tsp dried parsley
Pepper to taste
Pinch of dill (optional)

Place all ingredients except for parsley and dill (if using) in a small blender attachment. Blend until smooth and creamy, transfer to a small glass container with a lid and mix in dried parsley and dill if using. Adjust any seasonings to taste.

*For a thicker ranch just add less soy milk.

3-2-1 SALAD DRESSING (Jane Esselstyn)

(This recipe using balsamic vinegar is included as it is sweet and less acidic than other vinegars. Use the recipe only if you tolerate balsamic vinegar!)

3 tbsp balsamic vinegar
2 tbsp Dijon mustard or other mustard
1 tbsp maple syrup.

Whisk together.

Variation: Add some fresh lemon juice and/or freshly ground white or black pepper. Great on green salads, grain and/or bean salads, and bowls.