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**Creamy Eggless Cesar Salad Dressing #1 (with tofu)**

**Ingredients**

1 ½ tbsp	capers
2 cloves	garlic minced
2 tbsp	lemon juice
¾ cup	tofu, chopped
2 ½ tsp	Dijon mustard
1 Tbsp	apple cider vinegar
½ tsp	sea salt
¼ tsp	ground white pepper
¼ cup	filtered water
½ cup	olive oil

**Method**

- Put all of the ingredients in a blender and process until smooth, scraping the sides down once or twice.

Original recipe from "refresh" by Ruth Tal

**Creamy Eggless Caesar Salad Dressing #2 (with nuts and seeds)**

**Ingredients**

½ cup	raw pumpkin seeds
1-2 tbsp	raw cashews

- Grind above ingredients together in food processor until becomes a powder

**Blend in Blender:**

2 tbsp	olive oil
½	lemon, juiced
1-2	garlic cloves, pressed
½ tsp	Dijon mustard
Sea salt to taste	

- Toss salad with oil mixture first then ground seeds.

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## Lorena's Famous Sunshine Salad Dressing

### Ingredients

1 cup	soaked raw sunflower seeds (soak 4-8 hours in water)
1/3 - 1/2 cup	sunflower or extra virgin olive oil
1/2 -1 cup	water
1/4 cup	apple cider vinegar or lemon
1/4 cup	tamari or Bragg Liquid aminos
2 tbsp	soy miso (or to taste)
1 tsp	honey or agave

### Method

- Adjust the oil and water in accordance to the consistency desired (runny or thick)
- Put all ingredients in blender and blend until smooth – Yummy!
- Will last one week in the fridge.

Original recipe created by Lorena – [www.the-livingcentre.com](http://www.the-livingcentre.com)

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## Delightful Dill Dijon Salad Dressing

### Ingredients

3-4 tbsp	Dijon Mustard
3 tbsp	tamari or Bragg
1/4 cup	raw apple cider vinegar (or lemon juice)
1/2 cup	soaked raw sunflower seeds (soak 4-8 hours)
2 tbsp	Olive oil
Fresh dill	
Fresh fennel	
1 tbsp	honey, agave, or soaked pears or dates

### Method

- Put above ingredients in blender and blend until smooth.

Original recipe created by Lorena- [wwwthelivingcentre.com](http://wwwthelivingcentre.com)

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## Quinoa-and-Apple Salad with Curry Dressing

### Ingredients

Serves 4

¼ cup	raw whole almonds
1 cup	white quinoa
1 tsp	honey or agave
1 tbsp	finely chopped shallot
1 tsp	coarse salt
2 tbsp	fresh lemon juice
1 tsp	curry powder
Freshly	ground pepper
2 tbsp	extra virgin olive oil
2 tbsp	dried currants
1 small	McIntosh apple, cut into 1/8 inch thick wedges
¼ cup	loosely packed fresh mint leaves coarsely chopped, plus more for garnish

### Method

- Coarsely chop almonds.
- Rinse quinoa thoroughly in a fine sieve; drain. Bring 2 cups water to a boil in a medium saucepan. Add quinoa; return to a boil. Stir quinoa; cover, and reduce heat. Simmer until quinoa is tender but still chewy, about 15 minutes. Fluff quinoa with a fork; let cool.
- Whisk together honey (or agave), shallot, curry powder, salt, and lemon juice in a large bowl. Season with pepper. Whisking constantly, pour in oil in a slow, steady stream; whisk until dressing is emulsified. Add quinoa, currants, apple, mint, and nuts; toss well. Garnish with mint.

Note: Recipe from marthastewart.com. The original recipe says to lightly toast the almonds, but I omitted this because the oils in the almonds are damaged in the toasting. Per serving: 304 calories, 14g fat, 0mg cholesterol, 38g carbs, 154 mg sodium, 8 g protein, 5 g fiber.

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