

# Salad Dressings



Salads are fantastic for increasing your vegetable intake, and can be especially refreshing during those hot summer months.

Add a zing to your salads with our range of zesty salad dressings – mix and match them for a different combination every time!

Each dressing has been analysed for its nutritional content. The MJ icons give you an easy idea of how each dressing adds to your daily exchanges. Remember you can always scale your exchanges to fit in with the rest of your day – for example, you'll see that some of our dressings have a \* next to the healthy oils exchange. To make this less, just use less olive oil!

For those super savvy individuals who want more information, we've also supplied a more detailed numerical breakdown.

Most of the dressings will make 4 serves (there are some exceptions). Once made, consider storing each serve in individual containers for easy transport and portion control.



Happy Eating!!

### Soy Sesame

Makes 4 serves. 1 serve = 30ml

- 1½ Tbs toasted sesame seeds
- 2 Tbs salt-reduced soy sauce
- 1½ Tbs rice vinegar
- 1 tsp raw sugar
- 2 Tbs extra virgin olive oil

Whisk together all ingredients in a bowl

Source: Sunday Life Magazine Date: 9Nov09

### Orange Tahini

Makes 4 serves. 1 serve = 30ml

- 2 Tbs Tahini
- ⅓ cup reserved orange juice (see Moroccan Chickpea, Carrot and Spinach Salad recipe)

Combine in a small bowl, season to taste and whisk to combine

Source: Australian Women's Health Dec 09 Date: 9Nov09

### Mustard Chive

Makes 4 serves. 1 serve = 30ml

- 90g (⅓ cup low-fat natural yoghurt)
- 1 tbs fresh lemon juice
- 1 tbs hot water
- 1 tbs wholegrain mustard
- 1 tbs chopped fresh chives

Combine in a bowl, season with pepper

Source: Good Taste, Oct 09 Date: 9Nov09

### MJ Nutrition

Exchanges per serve



3\*

Nutrients per serve

514kjs (123cals), 1.6g Protein 12.2g Fat, 1.7g Saturated Fat, 1.4g Carbs, 1.3g Sugars, 0.5g Fibre, 393mg Sodium

### MJ Nutrition

Exchanges per serve



1

Nutrients per serve

313kjs (75cals), 2.3g Protein 6.3g Fat, 0.8g Saturated Fat, 1.7g Carbs, 1.6g Sugars, 1.5g Fibre, 9.3mg Sodium

### MJ Nutrition

Exchanges per serve



0.5

Nutrients per serve

179kjs (43cals), 4.1g Protein 0.4g Fat, 0.1g Saturated Fat, 4.2g Carbs, 4.2g Sugars, 0.4g Fibre, 160mg Sodium

### Fresh Herb and Lime

Makes 4 serves. 1 serve = 30ml

- 100ml lime juice
- 1½ Tbs fish sauce
- 3 tsp chopped fresh mint
- 1½ Tbs chopped fresh coriander
- 1½ cloves garlic, crushed
- 1½ tsp finely chopped fresh lemongrass

Combine in a screw-top jar and shake well

Source: Priceline Health      Date: 9Nov09

### Mango Mustard

Makes 4 serves. 1 serve = 30ml

- 2 Tbs chopped mango
- 50ml fresh orange juice
- 1 Tbs canola or olive oil
- 1 tsp Dijon musterd
- Salt and pepper to season

Puree in a food processer or blender

Source: Womenshealth online, Jan 09      Date: 9Nov09

### Balsamic

Makes 4 serves. 1 serve = 30ml

- 1½ Tbs balsamic vinegar
- 90mls olive oil
- ½ tsp whole grain mustard

Combine ingredients and shake well to mix, store in the fridge

Source: Healthy Food Guide July '09      Date: 9Nov09

### MJ Nutrition

Exchanges per serve

Free food!

Nutrients per serve

46kjs (11cals), 1g Protein, 0.1g Fat, 0.8g Carbs, 0.8g Sugars, 0.2g Fibre, 734mg Sodium

### MJ Nutrition

Exchanges per serve



1

Nutrients per serve

244kjs (58cals), 5.7g Fat, 0.8g Saturated Fat, 1.8g Carbs, 1.7g Sugars, 0.2g Fibre, 199mg Sodium

### MJ Nutrition

Exchanges per serve



4\*

Nutrients per serve

749kjs (179cals), 20g Fat, 2.8g Saturated Fat, 5mg Sodium

## French

Makes 4 serves. 1 serve = 30ml

- 2⅔ Tbs olive or canola oil
- 2⅔ Tbs vinegar
- ⅓ tsp mustard
- 1⅓ tsp sugar
- Salt and pepper to season

Shake to mix in a screw-top jar. Store in fridge

Source: Healthy Food Guide July '09      Date: 9Nov09

## Basic Healthy Mayonnaise

Makes 6 serves. 1 serve = 30ml

- 1 egg, hard-boiled
- 1 tsp seeded mustard
- 1 tsp red wine vinegar
- ⅓ cup olive oil
- ¼ cup hot water

Blend egg, mustard and vinegar for 1 min. Gradually add oil, processing until mixture is smooth and thick. Add hot water, process 30 secs. Refrigerate for up to 1 week

Source: Healthy Food Guide      Date: 9Nov09

## Tahini, Yoghurt and Lemon

Makes 4 serves. 1 serve = 30ml

- 1⅓ Tbs tahini
- ⅓ cup low-fat yoghurt
- ⅓ tsp ground cumin
- ⅓ tsp sugar
- Juice of ½ lemon

Combine all ingredients, refrigerate for up to 2 days

Source: Healthy Food Guide      Date: 9Nov09

## MJ Nutrition

Exchanges per serve



2.5\*

Nutrients per serve

493kjs (118cals), 0.1g Protein, 12.2g Fat, 1.7g Saturated Fat, 1.7g Carbs, 1.7g Sugars, 0.3g Fibre, 395mg Sodium

## MJ Nutrition

Exchanges per serve



2.5\*

Nutrients per serve

476kjs (114cals), 1.1g Protein, 12.3g Fat, 1.9g Saturated Fat, 17mg Sodium

## MJ Nutrition

Exchanges per serve



1

Nutrients per serve

245kjs (59cals), 2.7g Protein, 4.1g Fat, 0.5g Saturated Fat, 2.1g Carbs, 2.1g Sugars, 0.9g Fibre, 21mg Sodium

## Soy

Makes 4 serves. 1 serve = 30ml

- 2 $\frac{2}{3}$  Tbs salt-reduced soy sauce
- 1 $\frac{1}{3}$  cloves garlic, crushed
- 1 $\frac{1}{3}$  tsp crushed fresh ginger
- 1 $\frac{1}{3}$  tsp sugar
- 2 $\frac{2}{3}$  Tbs rice vinegar
- $\frac{2}{3}$  tsp sesame oil

Combine all ingredients. Refrigerate in airtight container for up to 2 weeks

Source: Healthy Food Guide

Date: 9Nov09

## Orange and Mustard

Makes 4 serves. 1 serve = 30ml

- 80ml unsweetened orange juice
- $\frac{2}{3}$  Tbs olive oil
- $\frac{2}{3}$  Tbs balsamic vinegar
- 1 tsp wholegrain mustard
- $\frac{1}{3}$  Tbs honey
- $\frac{2}{3}$  Tbs fresh thyme leaves
- Black pepper to season

Combine all ingredients. Store in fridge

Source: Healthy Food Guide Jan '08

Date: 9Nov09

## MJ Nutrition

Exchanges per serve

Free Food!

Nutrients per serve

82kjs (20cals), 0.8g Protein 0.8g Fat,  
0.1g Saturated Fat, 1.8g Carbs,  
1.6g Sugars, 491mg Sodium

## MJ Nutrition

Exchanges per serve



0.5

Nutrients per serve

165kjs (39cals), 0.2g Protein, 2.8g Fat,  
0.4g Saturated Fat, 3.3g Carbs,  
3.3g Sugars, 0.1g Fibre, 14mg Sodium

## Wasabi

Makes 4 serves. 1 serve = 30ml

- 2  $\frac{2}{3}$  Tbs lemon juice
- 1  $\frac{1}{3}$  Tbs olive oil
- 1  $\frac{1}{3}$  Tbs soy sauce
- 1  $\frac{1}{3}$  Tbs grated fresh ginger
- 1  $\frac{1}{3}$  tsp wasabi paste
- 1  $\frac{1}{3}$  tsp sesame oil
- 1 clove garlic, crushed
- $\frac{2}{3}$  tsp wholegrain mustard

Combine all ingredients. Store in fridge

Source: Marie Claire Seasonal Kitchen by Michele Cranston

## MJ Nutrition

Exchanges per serve



1.5\*

Nutrients per serve

313kjs (75cals), 0.5g Protein, 7.6g Fat,  
1.1g Saturated Fat, 0.7g Carbs,  
0.5g Sugars, 0.2g Fibre, 251mg Sodium

## Caesar

Makes 4 serves

- 20ml lemon juice
- 1 garlic clove
- 1 tsp mustard
- 2 anchovies (optional)
- 1 Tbs white wine vinegar
- $\frac{1}{2}$  cup low fat natural yoghurt
- 2 Tbs low fat mayonnaise
- 1 Tbs grated parmesan

Process all ingredients until combined. Season with salt and pepper

Source: Delicious Oct '03

Date: 22Jan10

## MJ Nutrition

Exchanges per serve



0.75

Nutrients per serve

219kjs (52cals), 3.3g Protein, 2.2g Fat,  
0.7g Saturated Fat, 4.1g Carbs,  
3.6g Sugars, 0.2g Fibre, 147mg Sodium

## Honey Basil

Makes 4 serves

- 1 Tbs balsamic vinegar
- 1 tsp olive oil
- 1 Tbs honey
- 1 Tbs fresh basil, chopped

*Mix all ingredients in a bowl*

Source: Healthy Food Fast

Date: 09Mar10

## MJ Nutrition

**Exchanges per serve**



0.5

**Nutrients per serve**

140kjs (33cals), 1.1g Fat,  
0.2g Saturated Fat, 5.9g Carbs,  
5.9g Sugars, 1mg Sodium

## Waldorf

Makes 4 serves

- ½ bunch fresh flat-leaf parsley, trimmed, with stalks (for dressing) and leaves (for salad) separately chopped
- 1½ tsp Dijon mustard
- 2 Tbs white or red vinegar
- 2 Tbs Extra virgin olive oil
- 1½ Tbs low fat natural yoghurt
- Sea salt and freshly ground black pepper

*Combine all ingredients (except parsley leaves) in a jar and shake well to combine.*

Source: Jamie's America

Date: 09Mar10

## MJ Nutrition

**Exchanges per serve**



1.75\*

**Nutrients per serve**

367kjs (88cals), 9.2g Fat,  
1.3g Saturated Fat, 0.5g Carbs,  
0.5g Sugars, 22mg Sodium

