

Angels of Valor Dressings and Seasoning

Creamy Garlic Dressing (My FAVORITE!)

This is by far one of my favorite recipes in the reset. One thing that I will never go back to is commercial salad dressing. There is nothing like enjoying your salad and knowing that you aren't ruining it by the dressing you put on top.

This is quick and easy to make! Trust me, the whole family will rave about it!

Ingredients:

1/2 cup extra virgin olive oil

1/4 cup apple cider vinegar

3 to 5 cloves garlic, crushed

3 tbsp fresh lemon juice

2 tbsp chopped fresh parsley

1 tsp. Himalayan salt

1/2 tsp Dijon Mustard

1 tbsp unfiltered honey or raw agave nectar

Place all ingredients in blender and blend on medium high for 30 seconds or until well mixed.

Store in airtight container in refrigerator. If dressing solidifies when cold, let sit at room temperature until liquid. Makes 8 to 10 servings.

Avocado Dressing

Avocado-lovers, meet your new favorite salad dressing. This creamy, Southwestern-styled salad dressing coats every bite of salad with the flavor of rich avocado.

Author: Beachbody

Recipe type: Condiments

Serves: 8 servings, 2 Tbsp. each

Ingredients

- 1 ripe medium avocado, cut into cubes
- ½ cup nonfat plain yogurt
- 1 clove garlic, finely chopped
- 1 Tbsp. finely chopped red onion
- 1 Tbsp. fresh lemon juice
- 9 fresh parsley sprigs, chopped

Instructions

1. Place avocado, yogurt, garlic, onion, lemon juice, and parsley in a blender; cover. Blend until smooth.

Honey Mustard Dressing

Honey mustard dressing from the grocery store can contain lots of added sugars and are surprisingly high in calories. They don't have to be. This delicious homemade dressing is tangy with just the right amount of sweetness. Not only does it taste better, it has only 102 calories per serving. Once you try it, you'll never go back to bottled dressings.

Total Time: 10 min.

Prep Time: 10 min.

Cooking Time: None

Yield: 8 servings, 2 Tbsp. each

Ingredients:

½ cup reduced-fat (2%) plain Greek yogurt

3 Tbsp. Dijon mustard

3 Tbsp. raw honey

3 Tbsp. apple cider vinegar

¼ cup extra-virgin olive oil

Sea salt (or Himalayan salt) (to taste; optional)

Preparation:

1. Combine yogurt, mustard, honey, and vinegar in a medium bowl; mix well.
2. Slowly add oil, whisking constantly until well blended; season with salt if desired.

Creamy Lemon Caesar

Enjoy this light dressing on [Caesar Salad](#) or any salad you want to give that “Caesar” flavor to!

Total Time: 10 min.

Prep Time: 10 min.

Cooking Time: None

Yield: 8 servings, about 2 Tbsp. each

Ingredients:

8 oz nonfat plain yogurt

¼ cup mayonnaise

3 Tbsp. fresh lemon juice

2 cloves garlic, finely chopped

2 anchovies (or 1 to 2 tsp. anchovy paste)

1 tsp. Worcestershire sauce

1 tsp. Dijon mustard

Sea salt and ground black pepper (to taste; optional)

Preparation:

1. Place all ingredients in a food processor (or blender) and pulse until smooth.

Lemon Tarragon Vinaigrette

Total Time: 10 min.

Prep Time: 10 min.

Cooking Time: None

Yield: 6 servings, about 2 Tbsp. each

Ingredients:

¼ cup fresh lemon juice

¼ cup finely chopped shallot

6 fresh tarragon sprigs, leaves removed and chopped, stem discarded

4 tsp. Dijon mustard

¼ tsp. sea salt

¼ tsp. ground black pepper

6 Tbsp. extra-virgin olive oil

Preparation:

1. Combine lemon juice, shallot, tarragon, mustard, salt, and pepper in a medium bowl; whisk to blend.

2. Slowly add oil while whisking; mix well.

Easy Greek Salad Dressing

It's very simple. Just take these ingredients and blend.

- ½ cup extra-virgin olive oil
- ¼ cup red wine vinegar
- 1 Tbsp. balsamic vinegar
- ¼ cup fresh lemon juice
- 2 tsp. dried oregano
- 1 clove garlic, crushed

- 1 tsp. Dijon mustard
- ½ tsp. Himalayan salt
- 1 tsp. herbal seasoning blend
- 2 Tbsp. chopped fresh parsley

My favorite Taco Seasoning recipe! It's way better than what you buy in a packet!

<http://allrecipes.com/recipe/46653/taco-seasoning-i/>