

Basic Italian Dressing

- 1/4 cup org. olive oil
- 1/4 cup org. vinegar (apple cider, red or white wine, balsamic) or lemon juice or combination
- sea salt, black pepper

This is a basic dressing for green salads. You may add herbs such as oregano, garlic and dill. I prefer it plain as it brings out the taste of the vegetables. The measurements are approximate. At times, depending on the salad ingredients, you may need to add proportionately more or less vinegar or olive oil. If you have a skin condition, use less often.

Pumpkin Seed Dressing

- 2 cups roasted pumpkin seeds
- 2 cups fresh parsley finely chopped
- 2 cups water
- 1-2 umeboshi plums
- 1/4 cup pickle/sauerkraut juice
- 1/4 teaspoon light miso

Roast the pumpkin seeds over medium heat. Then blend all the ingredients including the roasted pumpkin seeds. It is a tangy dressing that jazzes up greens, salad, pressed salad, grains and beans.

Tahini Lemon Sauce

- 2 Tablespoons of tahini
- Enough water to form a thin paste
- 1 Tablespoon of lemon juice
- 1 Teaspoon of shoyu

Heat tahini and water over low flame until a smooth thin past is achieved. Add shoyu and cook another minute. When cool add lemon juice. Great over grains or patties.

Tofu Dressing

- 1 square tofu
- 1 T. tahini, roasted
- 1 tsp. Umeboshi paste or
- ½ umeboshi plum
- 2 tsp. umeboshi vinegar
- Water
- minced green onions, or parsley, or other fresh or dried herbs

Blanch tofu in boiling water for 1 minute. Remove from water. When the tofu has cooled down, place in a food processor with the tahini, umeboshi and puree until the tofu is smooth and the ingredients are well combined. Then add enough water to create a pourable consistency. Adjust seasoning and add desired herbs.

Orange Vinaigrette

- 1/3 cup orange or tangerine juice
- 2 Tbsp Balsamic Vinegar
- 1/2 tsp Lemon Juice
- Salt and/or Pepper to taste

Whisk the ingredients. Pour over salad, raw or pressed, or greens or beans.