

Paleo Made Simple

SIX SIMPLE SALAD DRESSINGS



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Paleo Made Simple

Six Simple Salad Dressings

BY: Kellie Cutsinger of Cleanly Consumed

When I talk to friends and families about eating cleaner I make an action plan that consist of 5 Goals to get them adjusted. They differ with each person- Water based beverages, Toss Boxed Cereals, Plan Menus in advance, Rotate Proteins but the most widely accepted one is making homemade salad dressings. It is a fairly easy goal because salad dressings really are fun to make. You really can't go wrong and substituting ingredients is acceptable. Read the labels of the dressings when you are shopping- it can be eye opening. Ingredients that you want to avoid are:

- Soybean Oil
- Canola Oil
- Vegetable Oil
- Or blends- sometimes Soybean and or Canola Oil will appear
- Sugar
- High Fructose Corn Syrup
- Maltodextrin
- Modified Corn Starch
- Xanthan Gum
- High Sodium Levels
- Calcium Disodium EDTA (To Protect Flavor)
- Yellow 5, Yellow 6.... Anything with a number
- Sodium Benzoate added as preservatives



Those don't sound like they should be on top of a salad! You ARE trying to be healthier....

There are some easy recipes for homemade base items like Mayonnaise and Ketchup but if you are a smaller household or short on time there are a few go to brands to make it a little easier.

Mayonnaise: *Primal Foods Brand Foods & Sir Kensington*

Ketchup: Even the Organic are made with Cane Sugar. Clean Brands are *Annie's Homegrown Organic, Sir Kensington's Classic Ketchup*. There are also Tomato Free Versions available for those that have reflux problems.

Make 2 dressings a week and it will inspire you to eat more greens. Several of these recipes work nicely in cooking:

The Asian, Garlic and Lemon Vinaigrettes makes nice marinades

Honey Mustard baked on Chicken Thighs or drizzled over Salmon

Ranch can be thickened and used as a dip

Thousand Island is tasty on a Hamburger wrapped in large leaf lettuce. You will forget there is no bun.

Introduction

I am so excited to share with you 6 Super Easy Clean Eating Salad Dressings that we make in our home.

1. Garlic & Shallot Vinaigrette
2. Honey Mustard
3. Ranch
4. Lemon Garlic Vinaigrette
5. Thousand Island
6. Asian Vinaigrette

Garlic & Shallot Vinaigrette



Garlic & Shallot Vinaigrette
Great on salads and seafood

Ingredients

- 1 ½ Cups Olive Oil
- ¼ Cup Apple Cider Vinegar
- 1 Organic Shallot (Minced)
- 2 Organic Garlic Cloves (Minced)
- 2 Tablespoons Raw Honey
- Sea Salt
- 1 Teaspoon Dried Rosemary

Directions

1. Pour oil into small saucepan and heat
2. Add minced shallots and garlic and sauté until tender
3. Add ACV, Honey, Rosemary & Salt and simmer for 5 minutes while whisking
4. Remove from heat and cool before storing in a glass jar

Clean-Eating Tip: Includes supportive ingredients that can have anti-inflammatory and anti-microbial benefits.

Paleo Honey Mustard



Paleo Honey Mustard
Try on salads or entrees

Ingredients

- 1 Garlic Clove Minced
- 3 Tablespoons Honey
- 1 Tablespoon Lemon Juice
- 2 Tablespoons Ground Mustard
- Sea Salt
- ½ Cup Coconut Milk or ½ Grass-Fed Greek Yogurt (if tolerated)

Directions

1. Place all ingredients in a high powered blender and incorporate
2. Store on a glass sealed jar for a week in refrigerator.

Paleo Ranch Dressing



Paleo Ranch Dressing
Try on salads and as a dip

Ingredients

- 2 Cloves Garlic (Minced)
- 1 Teaspoon Onion Powder
- 3 Tablespoons Dried Parsley
- 1 Full Can Coconut Cream
- 1 Cup Clean Mayonnaise
- Salt & Pepper

Directions

1. Combine all in a high powered blender and incorporate
2. Store in a sealed glass jar for up to a week in the refrigerator.

Lemon Garlic Vinaigrette



Lemon Garlic Vinaigrette
Try on salads or as a marinade

Ingredients

- ½ Cup Extra Virgin Olive Oil
- 1/3 Cup Lemon Juice
- 2 Teaspoons Whole Grain Mustard
- 2 Garlic Cloves (Minced)

Directions

1. Combine all ingredients in a high powered blender and incorporate
2. Store in a sealed jar for up to a week. re in a sealed jar for up to a week in the refrigerator.

Paleo Thousand island Dressing



Paleo Thousand Island Dressing
Try on salads and wraps

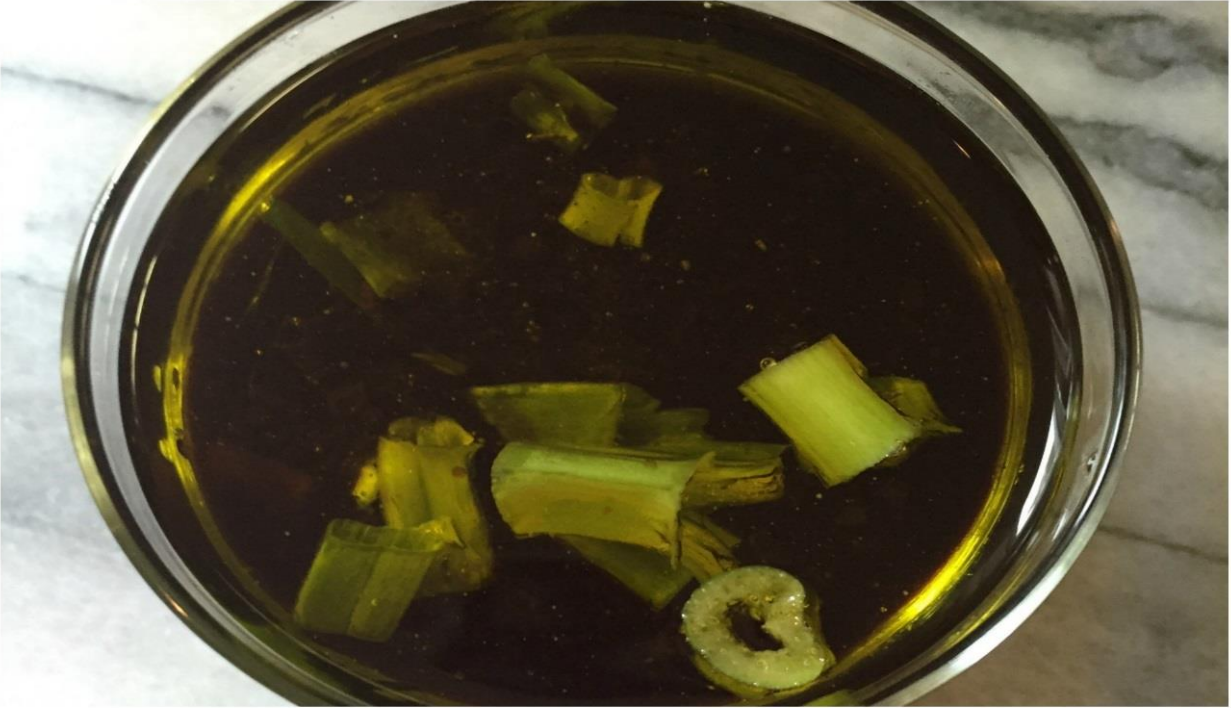
Ingredients

- ½ Cup Clean Mayonnaise (Homemade or Primal Foods Brand)
- 2 Tablespoons Ketchup (Homemade or Can Substitute Tomato Paste*)
- 1 Tablespoon Lemon Juice
- 1 Tablespoon Onion (Minced)
- 3 Tablespoons Dill Pickles (Minced)
- ¼ Teaspoon Sea Salt or Himalayan Pink Salt
- 1/8 Teaspoon Black Pepper

Directions

1. Mix all of the ingredients in a bowl to incorporate
2. Place in a sealed glass jar for up to a week in the refrigerator.

Soy-Free Asian Vinaigrette



Soy-Free Asian Vinaigrette
Try on salads and marinades

Ingredients

- ½ Cup Fresh Orange Juice
- 3 Tablespoons Coconut Aminos
- 1 Tablespoon Sesame Oil
- ½ Clove Garlic
- 1 Tablespoon Rice Vinegar
- 1 Diced Chives
- 1 Tablespoon Maple Syrup or Honey

Directions

1. Combine all ingredients in a bowl and whisk to incorporate.
2. Store in a glass jar with a lid for up to a week in the refrigerator.