

FOR YOU WITH ♥

*Getty Stewart*  
PHEc BEd

# Guide to DIY Vinaigrette Dressings



# Make your own Dressing

Use this ratio for perfect dressing, everytime!

Use this basic formula from [Canola Eat Well](#) to make your base vinaigrette. Pick and choose options from each category to create your own unique vinaigrettes.

## Ratio for Vinaigrette

2 Tbsp canola oil  
1 Tbsp acid  
1 Tbsp emulsifier  
Herbs & Seasoning

| Oil                                                                                                                                      | Acid                                                                                                                                                                                                          | Emulsifiers                                                                                                                     | Herbs & Seasoning                                                                                                                                                   |
|------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Canola oil<br>Olive oil<br>Avocado oil<br>Coconut oil<br>Sunflower oil<br>Walnut oil<br>Truffle oil<br>Sesame oil<br>Cold-pressed canola | White vinegar<br>Lemon/lime juice<br>Cider vinegar<br>Red wine vinegar<br>White wine vinegar<br>Balsamic vinegar<br>Rice vinegar<br>Infused vinegar<br><br>*the higher the % acid,<br>the sharper the flavour | Honey*<br>Mustard*<br>Nut butter/Tahini*<br>Miso paste*<br>Jam<br>Pureed beans<br>Maple syrup<br>Molasses<br><br>*bind the best | Salt & pepper<br>Sugar<br>Spices<br>Hot sauce<br>Fresh or dried herbs<br>Ginger/Garlic/Shallots<br>Anchovies<br>Sesame/hemp seeds<br>Citrus zest<br>Parmesan Cheese |

## ***Helpful Tips When Making Vinaigrette***

- Use a jar with a tight lid and shake vigorously to easily combine ingredients.
- Add a bit of water, sugar or even more oil to make a more mellow dressing.
- Plan for 1-2 tablespoons of dressing per serving.
- Serve the dressing on the side so guests can dress their own salad.
- Store in fridge for 5-14 days. Dressings with only dried herbs and spices last 14 days, those with fresh seasonings (eg. garlic, Parmesan, anchovies, ginger, etc.) last 5 days.

# Assemble your Salad

It's your salad. Make it the way you like!

A great salad uses a variety of colours, shapes, textures and flavours. Assembling a salad is your opportunity to get creative and let those ingredients shine. To get you started, here's a guideline of how much of what to add.

*But remember, it's your salad so make it yours! 😊*

| Ingredients                                                   | Amount* per person |
|---------------------------------------------------------------|--------------------|
| Greens                                                        | 1-2 cups           |
| Grains                                                        | ½ cup              |
| Protein & Pulses<br>(beans, eggs, soy, poultry, fish or meat) | ½ - ¾ cup          |
| Veggies or Fruit                                              | ½ cup              |
| Herbs                                                         | 1 Tbsp             |
| Toppings<br>(cheese, nuts, seeds)                             | 1-2 Tbsp           |
| Dressing                                                      | 1-2 Tbsp           |
| *Approximate amounts only, choose based on your preferences.  |                    |

## Helpful Tips For Assembling Salads

- Use a salad spinner or towel to pat dry greens so the salad dressing sticks better.
- For leafy greens, serve dressing on side so you can save leftovers.
- Dress pasta, whole grain or veggie salads an hour before serving to let flavours soak in.
- Use a shallow bowl or platter to arrange your salad in a beautiful arrangement.
- Add grains and proteins to transform a simple side salad into a full meal.

# Sample Dressings

Everyday and full flavour options

## Everyday Go To Vinaigrettes

Here are my go to salad dressings that go with just about anything! They're great for tender leafy green salads, pasta salads or grain bowls.

### Classic Lemon & Oil

¼ cup canola oil  
2 Tbsp lemon juice  
salt & pepper to taste

\*Don't underestimate this elegant yet simple classic!

### Honey Dijon Vinaigrette

2 Tbsp canola oil  
1 Tbsp lemon juice  
1 Tbsp honey  
½ tsp Dijon mustard  
1 tsp chopped fresh herbs (oregano, dill)

from Canola Eat Well

### Italian Vinaigrette

¼ cup canola oil  
2 Tbsp red wine vinegar  
2 tsp Dijon mustard  
1 clove garlic (1/2 tsp pwdr)  
1 tsp sugar  
1 tsp Italian seasoning  
Salt & pepper to taste

## Unique Flavoured Vinaigrettes

Using balsamic vinegar or flavoured oils can make a statement. I love balsamic vinaigrette for salads with fruit or sharp cheese and sesame oil for Asian inspired salads or grain bowls.

### Balsamic Vinaigrette

1/4 cup canola oil  
2 Tbsp balsamic vinegar  
1 tsp Dijon mustard  
2 tsp honey  
salt & pepper to taste

### Sesame Ginger Vinaigrette

3 Tbsp canola oil  
1 Tbsp sesame oil  
2 Tbsp rice vinegar  
1 Tbsp honey  
1 clove garlic, minced  
1 Tbsp fresh grated ginger  
1/2 Tbsp soy sauce  
2 tsp tahini or miso paste (optional)

# Sample Dressings

Creative flavour ideas

## Extra Special Dressings

Remember, the formula is just a starting point, it's okay to try various techniques and change the ingredients to get different textures and flavours. Here are two examples for you to try.

### Spicy Nut Butter Dressing

This dressing uses nut butter with sesame oil and red curry paste for a truly unique flavour.

- 2 Tbsp nut butter
- 1 Tbsp rice vinegar
- 1 Tbsp lime juice
- 1 tsp soy sauce
- ½ Tbsp honey/maple syrup
- 1 tsp sesame oil
- 1-2 tsp red curry paste
- 1-3 Tbsp water (as needed)



Thai Power Bowl with  
Spicy Nut Butter Dressing

### Rhubarb Poppy Seed Dressing

Use a food processor and slowly drizzle in the oil to create a thick, creamy texture.

- ½ cup rhubarb juice
- 3 Tbsp honey
- 1 Tbsp red wine vinegar
- 1 tsp dry mustard
- ¼ tsp salt
- 1/8 tsp black pepper
- ½ cup canola oil
- 1 tsp poppy seeds

from Canola Eat Well



Rhubarb Poppy Seed Dressing

# *Salad Inspiration*

Unique and flavourful salads



Green Bean, Tomato and Feta Salad



Orange & Wheat Salad with Maple Vinaigrette



Tabbouleh, Parsley & Barley Salad with Lemon and Oil Vinaigrette



Watermelon, Cucumber and Feta Salad



Grilled Chicken Salad with Summer Fruit



Kale, Butternut Squash and Farro Bowl



Beet and Apple Salad



Strawberry Spinach Salad with Balsamic Dressing



Zucchini Ribbon Salad