

Classic dressing – GF, SF, CF, VEG

Comments:

Beneficial properties of Garlic: Antiviral, Antibacterial, Anti-inflammatory, Anti-cancer, Antioxidant and Cardio Protective. A good source of vitamin C, selenium, manganese and vitamin B6. Its sulfur compounds contain precursors to glutathione – essential for lymies to protect cells against free radical damage.

Ingredients:

1/2 cup extra virgin olive oil
1/4 cup raw unfiltered apple cider vinegar
zest and juice of one lemon
12 cloves garlic or you may substitute half a small shallot
1 tsp dried Italian or herbs de Provence herb mix
Himalayan salt to taste

Directions:

You may make this dressing in a blender/food processor or in the bottom of a deep bowl.

To prepare in a blender:

Zest and juice one lemon, peel garlic clove, and pour apple cider vinegar all into the blender.

Add herbs and salt and blend until herbs are broken up into fine bits and garlic is minced. Add olive oil and blend to a smooth consistency.

To prepare in a bowl:

Repeat steps one and two into the bottom of a bowl. Make sure to finely mince the garlic. Slowly whisk in olive oil.

For a thicker consistency you may add more olive oil. For a thinner consistency or a marinade you may add more acid (lemon juice or vinegar) and extra garlic!

Variations: Many lymies have a sensitivity to citrus – in this case simply omit the citrus and the dressing will still taste great. You may also add a handful of fresh basil and or parsley for a burst of flavor.

Instead of olive oil, try substituting high lignan flax oil or hemp oil for more omega 3s.

Try adding a cup of either soaked or toasted nuts to this mix for a delicious pesto.

Mix the classic dressing recipe with fresh basil – add chopped cilantro, the juice of one more lemon, ½ tsp cumin and ¾ cup raw sesame tahini for a smoky shrimp marinade.

Submitted by: Kaela 08/09

