



# Salad Dressing Basics:

- Start with 1 to 3 ratio of vinegar or lemon juice to extra virgin olive oil
- Add seasonings as desired:
  - Salt and pepper
  - Garlic
  - Shallots/onions
  - Dijon mustard (adds tanginess)
  - Miso (adds umami)
  - Yogurt (adds creaminess)

Create an emulsion with the vinegar and oil by whisking in a bowl, shaking in a jar or blending in a blender.

Taste and adjust.

Store in a jar or container with airtight lid in fridge for up to 5 days



# Kale Salad:

- Makes 6 servings
- 1 pound lacinato kale (also known as dinosaur or tuscan kale) stems and center ribs discarded
- 2 tablespoons finely chopped shallot
- 1 ½-2 tablespoons fresh lemon juice
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 4 ½ tablespoons extra-virgin olive oil
- 2 ounces coarsely grated ricotta salata (1 cup)
- **Step 1**
- Cut kale crosswise into very thin slices (the thinner the better!)
- **Step 2**
- Whisk together shallot, lemon juice, salt, and pepper in a small bowl, then add oil in a slow stream, whisking until combined well
- **Step 3**
- Toss kale and ricotta salata in a large bowl with enough dressing to coat well, then add in additional salt and pepper to taste

Adapted from: <https://www.epicurious.com/recipes/food/views/lacinato-kale-and-ricotta-salata-salad-236940>

# Cauliflower Salad:

Serves 4



1 teaspoon finely grated lime zest

1/4 cup fresh lime juice (adjust to taste)

1/2 teaspoon Dijon mustard (adjust to taste)

1 teaspoon honey

1/4 cup olive oil

Kosher salt, freshly ground pepper

1/2 small head cauliflower florets, very thinly sliced lengthwise on a mandoline

1 tablespoon plus 1 teaspoon nutritional yeast

2 cups (1-inch-wide strips) romaine

2 cups torn frisée (or any leaf lettuce)

2 ounces Parmesan, finely grated, divided

## Step 1

Whisk lime zest, lime juice, mustard, and honey in a large bowl. Whisking constantly, gradually add oil; whisk until emulsified. Season with salt and pepper.

## Step 2

Add cauliflower and 1 Tbsp. nutritional yeast to dressing; toss to combine. Add lettuce, frisée, and half of Parmesan and toss again; season with salt and pepper.

## Step 3

Transfer salad to a platter and top with remaining Parmesan and remaining 1 tsp. nutritional yeast.

Adapted from: <https://www.epicurious.com/recipes/food/views/shaved-cauliflower-salad>