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blueberry lemon vinaigrette

1/3 cup olive oil
1/4 cup lemon juice
1 Tbsp rice wine vinegar
1/3 cup blueberries
1 tsp honey
salt & pepper, to taste

Combine ingredients in a blender and puree until smooth. Taste and adjust ingredients to taste. Makes about 1 cup.

note worthy

Blueberries have a large amount of pectin, which acts as a thickener. You can add additional vinegar or water to thin as needed. This recipe works well with fresh or frozen blueberries.
cherry vinaigrette

1/2 cup pitted cherries
2 Tbsp balsamic vinegar
1 Tbsp white balsamic vinegar
1 Tbsp olive oil
1 Tsp honey
salt & pepper, to taste

Combine ingredients in a blender and puree until smooth. Taste and adjust ingredients to taste. Makes about 1 cup.

note worthy

This recipe works well with fresh or frozen cherries and is exceptionally tasty on fruit salads. Skip the expensive cherry-pitter and use this method for removing the pits without a special tool:
http://dontwastethecrumbs.com/cherrypitter
Greek house vinaigrette

1/3 cup olive oil
1 tsp garlic powder
1 tsp dried oregano
1 tsp dried basil
3/4 tsp black pepper
3/4 tsp salt
3/4 tsp onion powder
3/4 tsp spicy brown mustard
1/2 cup red wine vinegar
salt & pepper, to taste

Combine ingredients in a jar and shake well. Taste and adjust ingredients to taste. Makes about 1 cup.

**note worthy**

Try different vinegars and mustards to create your own favorite combination of this recipe.
Italian vinaigrette

3/4 cup olive oil
1/2 cup white wine vinegar
1 tsp garlic powder
1 tsp onion powder
1/2 Tbsp dried oregano
1 tsp dried parsley
1/2 Tbsp salt
1/4 tsp pepper
pinch of thyme
1/4 tsp dried basil
1 tsp honey (optional)

Combine ingredients in a jar and shake well. Taste and adjust ingredients to taste. Makes about 1 cup.

**note worthy**

The dried spices can be mixed ahead of time and kept in a jar with a lid. When you need dressing, just add the liquids and shake.
peach vinaigrette

1 ripe peach
2 Tbsp white balsamic vinegar
1/2 tsp honey
1 Tbsp olive oil

Combine ingredients in a blender and puree until smooth. Taste and adjust ingredients to taste. Makes about 1 cup.

note worthy

Make this dressing when your fresh peaches begin to bruise. Or, freeze those peaches in slices and savor the flavor well beyond summer.
sesame ginger vinaigrette

2 Tbsp chopped ginger
2 Tbsp rice vinegar
1 Tbsp liquid aminos or soy sauce
1 tsp sesame seed oil
1 tsp honey
1 garlic clove, smashed
salt & pepper, to taste

Combine ingredients in a blender and puree until smooth. Taste and adjust ingredients to taste. Makes about 1 cup.

note worthy

Adds a slight Asian flare to salads, but also great for marinades, in stir-fry or as a dipping sauce for grilled chicken.
steakhouse mustard vinaigrette

1/3 cup olive oil
2 Tbsp white wine vinegar
2 Tbsp Dijon mustard
1 Tbsp honey
1/2 tsp Worcestershire sauce
salt & pepper, to taste

Combine ingredients in a jar and shake well. Taste and adjust ingredients to taste. Makes about 1 cup.

Note worthy

A classic dressing recipe for nearly any salad that packs a big punch. Make this the next time you’re asked to bring a salad to dinner and you’ll wow guests.
strawberry balsamic vinaigrette

2 medium strawberries, washed
2 Tbsp balsamic vinegar
1 Tbsp rice wine vinegar
4 Tbsp olive oil
salt & pepper, to taste

Combine ingredients in a blender and puree until smooth. Taste and adjust ingredients to taste. Makes about 1 cup.

note worthy

A hint of sweets adds class and contrast to hearty salads. Pairs especially well with steak and pungent cheese like feta or blue.
tangy Asian orange vinaigrette

1/2 garlic clove, smashed
1 Tbsp liquid aminos or soy sauce
3 Tbsp apple cider vinegar
2 Tbsp olive oil
1 large orange, juiced (approx 1/2 cup juice)
salt & pepper, to taste

Combine ingredients in a jar and shake well. Taste and adjust ingredients to taste. Makes about 1 cup.

note worthy
Inspired by stir-fry, this dressing is another great one to add with Asian dishes on the table.
I'm Tiffany - blessed wife and mother of two. I was born to a chef and I have a knack for numbers. I've always loved food too, so I guess you could say I've been a bean counter since birth.

When my husband and I decided to stay at home to raise our kids, we cut our expenses by 50% to match our income. We've kept our minimalist lifestyle to this day, but maintaining a positive balance in the checking account created a new challenge of learning how to eat real food without going broke.

I'm passionate about feeding my family healthy food while being a good steward of our finances. I believe eating real food is truly a journey. It never ends and there's always room for improvement. I share what I've learned, along with our everyday struggles and victories at Don'tWastetheCrumbs.com, and it's my goal for Crumbs to be a source for grace and encouragement for the long-haul.

If you have any questions regarding to Dressed, or about anything relating to your real food, natural living and finance journey, feel free to visit me at my site: Don'tWastetheCrumbs.com, or email me at tiffany@dontwastethecrumbs.com.

Facebook: Don't Waste the Crumbs
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