

Buddha Bowl Dressings

Orange Sesame Ginger Dressing

30mL Orange Juice
15mL Rice Wine Vinegar
15mL Oil
3.5mL Sesame Oil
7.5mL Soy Sauce
3.5mL Honey
2.5mL Garlic Powder
1mL Ginger Powder

Method:

- 1) In a small bowl, whisk together all ingredients until well blended
- 2) Whisk again just before topping salad or bowl.

Balsamic Vinaigrette

25mL Balsamic Vinegar
5mL Dijon Mustard
30mL Oil
Salt and Pepper to taste

Method:

- 1) Whisk vinegar and mustard
- 2) Gradually whisk in oil until dressing is well mixed and smooth
- 3) Add salt and pepper to taste

Creamy Tahini Dressing

15mL Tahini Paste
7.5mL Lemon Juice
7.5mL Honey
3.5mL Sesame Oil
Dash of Salt
20mL Water

Method:

- 1) Add tahini paste, lemon juice, honey, sesame oil, and salt into a blender
- 2) Blend until smooth
- 3) Gradually add water to blender and blend dressing till smooth

Honey Sriracha Lime Dressing

15mL Lime Juice
20mL White Wine Vinegar
15mL Honey
5mL Sugar
2.5mL Garlic Powder
2.5mL Sriracha
Dash of Salt

Method:

- 1) In a small bowl, whisk together all ingredients until well blended
- 2) Whisk again just before topping salad or bowl