

## Salad Dressings



### *Champagne-Lemon Vinaigrette*

Makes ~1 cup

**Ingredients:**

- 6 tablespoons olive oil
- 5 tablespoons Champagne vinegar (can also use white wine or red wine vinegar)
- 3 tablespoons lemon juice
- 4 teaspoons maple syrup
- Pinch Kosher salt
- Freshly ground pepper, to taste

**Directions:**

In a bowl, whisk together the olive oil, vinegar, lemon juice, and maple syrup. Season with salt and pepper, to taste.

### *Basic Balsamic Vinaigrette*

Makes ~1 cup

**Ingredients:**

- 1/2 cup balsamic vinegar
- 1/3 cup olive oil
- 1 to 2 tablespoons grainy Dijon mustard
- 1/2 teaspoon Kosher salt
- Freshly ground pepper, to taste

**Directions:**

In a bowl, whisk together the vinegar, oil, and mustard. Season with salt and pepper, to taste.



## **Sunbutter & Fruit “Sushi”**

Makes 1 roll up

### **Ingredients:**

- One 6-8 inch corn or whole wheat flour tortilla
- 2 tablespoons unsweetened sunflower seed butter
- Fruit of choice: bananas, apple slices, pear slices, blueberries, and sliced strawberries all work well

### **Directions:**

1. Spread the tortilla with sunflower seed butter.
2. Add desired fruit horizontally on the bottom third of the tortilla.
3. Carefully roll up the wrap from the bottom of the tortilla. Slice into 4 pieces.





## Caprese Kebabs

Makes 24 kebabs

### Ingredients:

- 24 four-inch skewers/kebab sticks
- 2 pints cherry or grape tomatoes, washed
- One 8-ounce container of Ciliegine (cherry-sized) mozzarella balls
- Optional: Basil
- Coarse salt
- Freshly ground black pepper
- Olive oil
- Aged balsamic vinegar (or balsamic glaze)

### Directions:

1. Spear a tomato onto the skewer, followed by a mozzarella ball and basil (optional) and another tomato.
2. Sprinkle with a pinch of salt and pepper.
3. Drizzle with olive oil and aged balsamic vinegar (or balsamic glaze)



## Salmon Cucumber Cups

Makes 10 cups

### Ingredients:

- One English cucumber, peeled
- One 5-ounce can salmon, drained (preferably in water, no salt added)
- 2 tablespoons mayonnaise
- 1 to 2 teaspoons lemon juice, to taste
- 1/4 cup minced celery
- Kosher salt, if needed, to taste
- Freshly ground pepper, to taste

### Directions:

1. Cut off the ends of the peeled cucumber, then cut cucumber crosswise into 10 pieces. Using a small melon baller or spoon, scoop out inside of each piece to form a cup, leaving a 1/4-inch border around edges and on the bottom of the cup. Set aside upside down on a paper towel to absorb extra moisture while making the salmon salad.
2. In a medium bowl, mash canned salmon with mayonnaise and lemon juice. Fold in minced celery, and season with salt and pepper, as needed.
3. Spoon about a tablespoon of salmon salad into each of the cucumber cups. Serve immediately.



