

# Salad Dressings

Delicious dressings can turn a simple salad into a mouth watering meal. Having a repertoire of dressing recipes you love saves time and energy on busy days.

Just throw a few ingredients into a blender and your dressing is ready to go within a couple of minutes. Pour on top of crisp greens, juicy tomatoes, cucumbers, bell peppers, and some sliced onion for a simple and tasty salad, or make it as elaborate as you'd like.

## Mango Tomato Dressing

- 1 cup mango
- 1 cup cherry tomato or diced tomato
- 1/2 cup orange juice
- Juice of 1 lime
- 1/2 cup cilantro
- 1 green onion
- 1/4 jalapeño (optional)

## Creamy Tahini Ginger

- 1 tbsp tahini
- 1 small peeled and chopped zucchini
- Juice of 1 lemon
- 2 cloves of garlic
- 2 dates
- 1 inch piece of ginger