

Carrot Ginger Dressing

Portion Size: 1 fluid ounce

Yield: 16 servings



Ingredients:

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| Carrots | 1-1/8 cup |
| Rice Wine Vinegar, Unseasoned | 4 tbsps |
| White Miso Paste | 2-1/4 tsp |
| Fresh Ginger Root, minced | 3 tbsps |
| Yellow Onions, chopped | 2 tbsps |
| Salt | 1/8 tsp |
| Canola oil | 1/2 cup |

1. In a blender, combine carrots, vinegar, miso, ginger, onion, and salt. Puree until smooth.
2. While blending, stream in oil until emulsified.
3. Strain dressing through a fine-mesh strainer.

Nutrition Info (per serving): Cal: 70, Total Fat: 7g, Sat Fat: 0.5g, Sodium: 55mg, Carbs: 1g, Protein: <1g, Sugar: 0.5g, Fiber: 0.5g

Food by FLIK

Cucumber Vinaigrette

Portion Size: 1 fluid ounce

Yield: 21 servings



Ingredients:

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| English Cucumbers, seeded, diced | 2-1/4 cup |
| Red Wine Vinegar | 4 tbsps |
| Chives, chopped | 4 tbsps |
| Parsley, dried | 4 tbsps |
| Fat-Free, Plain, Greek Yogurt | 4 tbsps |
| Horseradish | 3 tsp |
| Granulated Sugar | 3 tsp |
| Salt | 1/2 tsp |
| Canola Oil | 1/2 cup |

1. In a blender, combine cucumber, red wine vinegar, chives, parsley, yogurt, horseradish, sugar and salt. Pulse until smooth.
2. While blending, stream in oil until emulsified.

Nutrition Info (per serving): Cal: 50, Total Fat: 5g, Sat Fat: <1g, Sodium: 50mg, Carbs: 1g, Protein: 0.5g, Sugar: 1g, Fiber: 0g

Food by FLIK

Greek Yogurt Blue Cheese Dressing, Light Mayo

Portion Size: 1 fluid ounce

Yield: 19 servings



Ingredients:

| | |
|-------------------------------|---------|
| Fat-Free, Plain, Greek Yogurt | 1 cup |
| Low-Fat, 1%, Buttermilk | 1/2 cup |
| Lemon Juice | 3 tsp |
| Blue Cheese Crumbles | 1/2 cup |
| Salt | 1/2 tsp |
| Ground Black Pepper | 1/4 tsp |
| Garlic Cloves, Minced | 2 tsp |
| Light Mayonnaise | 1/2 cup |

1. In a bowl, whisk together yogurt, buttermilk, lemon juice, blue cheese crumbles, salt, pepper, garlic and light mayo until combined.

Nutrition Info (per serving): Cal: 35, Total Fat: 2g, Sat Fat: 1g, Sodium: 145mg, Carbs: 1.5g, Protein: 2g, Sugar: 1g, Fiber: 0g

Food by FLIK

Greek Yogurt Blue Cheese Dressing, Light Mayo

Portion Size: 1 fluid ounce

Yield: 19 servings



Ingredients:

| | |
|-------------------------------|---------|
| Fat-Free, Plain, Greek Yogurt | 1 cup |
| Low-Fat, 1%, Buttermilk | 1/2 cup |
| Lemon Juice | 3 tsp |
| Blue Cheese Crumbles | 1/2 cup |
| Salt | 1/2 tsp |
| Ground Black Pepper | 1/4 tsp |
| Garlic Cloves, minced | 2 tsp |
| Light Mayonnaise | 1/2 cup |

1. In a bowl, whisk together yogurt, buttermilk, lemon juice, blue cheese crumbles, salt, pepper, garlic and light mayo until combined.

Nutrition Info (per serving): Cal: 35, Total Fat: 2g, Sat Fat: 1g, Sodium: 145mg, Carbs: 1.5g, Protein: 2g, Sugar: 1g, Fiber: 0g

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