

Deelish Low FODMAP=Friendly Salad Dressings!

Simple Mustardy Dressing

1/8 tsp. sea salt
1 TB. red wine vinegar
2 tsp. fresh chives, chopped
1 tsp. Dijon mustard* best quality such as Maille
3 TB olive oil

Mix salt, vinegar, and chives and let sit for a few minutes to infuse flavor.
Add mustard and olive oil and whisk to blend.
Serve over mixed organic fresh baby greens
or 1 pint of chopped cherry tomatoes

Asian Sesame Soy Dressing

1/3 cup peanut oil
2 TB. sesame oil
3 TB rice wine vinegar
2 TB tamari (soy sauce), reduced sodium
2 tsp. toasted sesame seeds
1/4 cup scallions, green part chopped
ground pepper

Orange Drizzle Dressing

(From my book, The Complete Idiot's Guide to Eating Well with IBS, Alpha, 2010)

1/4 cup olive oil
2 TB. orange juice
2 tsp. red wine vinegar
1 TB maple syrup
1/2 tsp salt
1/4 tsp freshly ground pepper

Poppy Seed Dressing

1/4 cup mayonnaise
1/2 tsp. dry mustard
1-2 TB. red wine vinegar-to taste
2 TB. milk (use lactose free if lactose intolerant)
1 TB. poppy seeds
1 TB. sugar (to taste)

Place all the ingredients in small glass jar with lid. Shake vigorously.
Enjoy over spinach salad with strawberries slices.