



LOVE YOUR HEART: OIL-FREE DRESSINGS & DIPS

SIMPLE NO-TAHINI HUMMUS

ADAPTED FROM *Prevent and Reverse Heart Disease*

- 1 15-ounce can chick peas (2 cups cooked), drained and rinsed
- 2 garlic cloves, chopped
- Zest of 1 lemon
- 2-3 TBS freshly squeezed lemon juice
- 4 TBS vegetable stock or water
- 1 tsp low-sodium tamari or Bragg's Liquid Aminos or Coconut Aminos (optional)

1. Combine all ingredients except the tamari in a food processor.
2. Taste and add as little tamari as possible to keep the sodium levels down.

There are many varieties of this hummus – you can add small amounts of other ingredients – peppers, cucumbers, onions, cauliflower, celery, carrots, jalapeño, cilantro, parsley, vinegar, cayenne, spices. Once you find your favorite make big batches to keep on hand to use as a dip, a sandwich spread or as an ingredient in salad dressings.

HUMMUS ORANGE SALAD DRESSING

FROM *Prevent and Reverse Heart Disease*

- 2-3 heaping TBS no-tahini hummus (recipe above)
- 2 TBS balsamic vinegar or vinegar of choice
- 3 TBS freshly squeezed orange juice
- 1 tsp mustard of choice
- ½ tsp peeled, grated fresh ginger

Mix and pour over greens.

JANE'S 3, 2, 1 SALAD DRESSING

FROM *Prevent and Reverse Heart Disease*

- 3 TBS balsamic vinegar
- 2 TBS mustard of choice
- 1 TBS maple syrup

Mix all ingredients in a small bowl and whisk until smooth.



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NOTE: The following two recipes are oil-free, but not fat-free – they contain tahini or avocado. Dr. Caldwell Esslestyn, author of *Prevent and Reverse Heart Disease*, advises against consuming high fat foods like tahini, avocados and nuts if you are being treated for cardiovascular disease.

TAHINI DRESSING

ADAPTED FROM *The Uncheese Cookbook*

¼ cup red wine vinegar (may dilute for less acidic dressing - use 2 TBS vinegar diluted with 2 TBS water instead)

¼ cup water

2 TBS tahini (ground sesame seeds, no oil – check the label)

2 TBS fresh lemon juice

1 tsp salt

1 tsp dried basil leaves

1 tsp dried oregano

½ tsp garlic granules

Whisk all the ingredients (or blend in a blender) until well blended.

MARILYN'S QUICK AND EASY SALAD

ORIGINAL RECIPE

This is a very simple salad dressing that I often use when I'm in a hurry. It is oil free, but I usually put some avocado into my salad for some fat. As mentioned above, if you are trying to reverse heart disease, Dr. Caldwell Esslestyn recommends that you do not eat high fat foods like avocado.

Salad greens – large bowl (about ½ pound of greens)

¼-½ avocado, chopped into small pieces

Juice of ½ lemon

4-5 shakes of Ume Plum Vinegar

Place greens and avocado into a large bowl. Squeeze ½ a lemon on top and then sprinkle a few shakes of Ume Plum Vinegar and toss.

Be cautious with the Ume Plum Vinegar – it is very salty.