

PRESCRIBE NUTRITION PRESENTS

Dressings & Marinades

FEATURING: STIR & SCRIBBLE



TIME TO TAKE IT OUTSIDE

Fresh salads and delectable grill inspiration anyone? We thought so. At Prescribe Nutrition we love all dressing, dips and marinades. They make fresh food sing. What's there to complain about when a meal is chock full of flavor? The challenge in this equation is taking what is seemingly healthy & clean and KEEPING it healthy and clean. So many dressings and marinades are riddled with unfortunate ingredients. Things like high fructose corn syrup (no gracias), added sugars (hey, we have enough of that already), MSG (ok really, no thank you) and many more. We also know that sometimes making a dressing can feel like an extra step in the equation, so it gets skipped. Well, today that all stops. Once you whip together one of these ridiculously easy and delicious numbers, you'll never go back!

Enjoy your new Spring and Summer favorites, make sure to tag us in your photos (@prescribe_nutrition #prescribenutrition), and give yourself a big pat on the back as you upgrade what goes ON all your fresh and clean foods!

Sending you some fresh love,

Katie, Megan, Anna & the Prescribe Nutrition team



TIPS FOR DRESSINGS & MARINADES

BY CHEF RYAN

Aside from knowing that it's cheaper to make vs buy, there are other benefits from creating your own dressings such as optimal ingredients, convenience of having it at the ready, and best of all, the pride of knowing you did it all yourself! If you're used to buying dressings/marinades from the store, you'll be pleasantly surprised with the flavors that are brought from something made from scratch.

tips for salad dressings

One of the best tips I can impart to you on salad dressings? Make enough to serve with other meals! Once you start making your own you'll see the difference in taste. Whipping up a batch for a single salad is lovely, but when you have to do it each time you're ready to eat, it can become a tedious process.

- Minced garlic and/or shallots, fresh and dried herbs make vinaigrettes sing.
- Whisking in mustard, especially Dijon, will always give you a creamy texture.
- Balance out acids and mustards with a hint of sweetness from a bit of honey or maple syrup.
- Think outside the 'oil' box - try using tahini, avocado and nut butters for the 'fat' component.
- Make enough dressing(s) that will last you through the week!
- Buy plastic squeeze bottles (like ketchup is in at restaurants), or use jars with clean lids.
- Add ingredients into container and shake before each use. use painters tape to label bottles!
- Refrigerate and enjoy for the week ahead*

*Be mindful of any garlic with chopped garlic - acidic components like lemon or vinegar + refrigeration is important to keep bacterium from growing.

tips for grilling

Grilling is a great activity, especially on those beautiful Summer nights. Grilling, whether on a gas or charcoal grill, produces delicious aromas and even better tastes. A wonderful complement to whatever you might be grilling, is a well made sauce, rub or marinade. Here are a few accessories that can make the grilling experience a little easier.

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top tools for griling

- If you come across a great recipe that you like for dry spice rubs, consider [buying a spice shaker jar](#). The idea is to find a container that seals tight without letting air in.
- Consider investing in a [grill brush and baste set](#). In many recipes, you'll want to continuously baste your poultry, seafood or meat while it grills to pick up the delicious marinade flavors you threw together.
- [A grill thermometer](#) can be one of the best tools to invest in!

cooking meat

- When cooking meat, using a meat thermometer will let some juices out, so here is a fun tip to know the temperature of beef by using only your two hands.
- **Rare:** Open the palm of your hand, relax it. Using the other hand, press the fleshy area between the thumb and base of palm and notice it gives a little bit. This is how rare meat should feel.
- **Medium-Rare:** With a relaxed hand, touch the tip of index finger to tip of thumb. Using other hand press fleshy area between thumb and base of palm. This is what med-rare meat feels like.
- **Medium:** Using relaxed hand touch tip of middle finger to tip of thumb. Using other hand touch area between the thumb and base of palm. This is what medium meat feels like.
- **Medium-Well:** Now touch tip of ring finger to tip of thumb. Use the hand to touch fleshy area to feel what med-well meat feels like.
- **Well Done:** Finally, touch tip of pinky to tip of thumb. Using other hand touch area between thumb and base of palm. This is what Well Done meat feels like.

About Ryan

Ryan Hoffman is a professional chef specializing in healthy lifestyle cooking for individuals, families, and small group events. He customizes all menus to meet each person's lifestyle needs. Ryan's goal is to not only be a trusted food resource, but also help make another's life easier by eliminating any stress that food may cause. Whether the need is menu planning, grocery shopping, or in-home cooking he's always eager to share my enthusiasm for food!



A still life composition for a dressing recipe. In the foreground, a blue ceramic bowl sits on a white paper napkin. To its left is a bulb of garlic and a blue and white floral patterned cloth. Behind the bowl is a decorative glass bottle of olive oil with a green and white floral design. The background is a bright, out-of-focus window with white frames, suggesting a kitchen setting. The word "DRESSINGS" is overlaid in white, bold, sans-serif capital letters on the right side of the image.

DRESSINGS



pn vegan mayo

MAKES 2/3 CUP

¼ cup of olive oil
1/3 cup of olive oil mayonnaise (we love Spectrum & Just Mayo brands)
1 tablespoon lemon juice
1 tablespoon whole grain dijon mustard
1 teaspoon of vegan tamari
2 cloves garlic, pressed
1 teaspoon of apple cider vinegar
½ teaspoon of sea salt
Ground pepper, to taste

1. In a medium bowl, vigorously whisk together all of the ingredients for the dressing. If you prefer a creamier texture, do this in a high speed blender or food processor. Taste and adjust the seasoning accordingly.
2. Set aside or refrigerate until you dress your salad.



double sesame dressing

MAKES 1 1/4 CUPS

Juice of 1 lemon, preferably meyer
1 garlic clove, peeled
½ cup water
½ cup tahini
1 teaspoon pure maple syrup or raw honey
2 tablespoons apple cider vinegar
2 teaspoons tamari
2 tablespoons extra virgin olive oil
1 tablespoon sesame seeds
1 teaspoon ground cumin
¼ teaspoon red pepper flakes
¼ tsp sea salt

1. Combine all ingredients in a high speed blender or food processor and puree until completely smooth.



2 minute jar vinaigrette

YIELDS 1 CUP

¾ cup extra virgin olive oil
2 tablespoon balsamic vinegar
Juice of 1 lime
1 teaspoon Dijon mustard
¼ teaspoon sea salt
Ground pepper, to taste
4 drops Worcestershire sauce

1. Place all ingredients in a jar with a tight fitting lid, secure the lid and shake vigorously. Taste for seasoning and add more of any ingredient as needed.

green goddess of goddesses

YIELDS 1 CUP

½ large, ripe avocado (if using a small one, use the whole thing)
¼ cup canned coconut milk
3 tablespoons lemon juice (about 1 ½ lemons)
1 garlic clove, peeled
1 anchovy fillet
½ cup packed fresh parsley leaves
½ cup packed fresh basil leaves
1 tablespoon fresh tarragon, chopped
¼ teaspoon sea salt

1. Using a high speed blender or food processor, blend all of the ingredients except for the olive oil. Blend until the herbs are finely chopped.
2. Slowly pour in the oil and blend until the dressing thickens.

MARINADES





classic lemon garlic marinade

4 strips of lemon zest (preferably Meyer)
1/3 cup fresh lemon juice (preferably Meyer)
1 ½ tablespoons Dijon mustard
2 teaspoons pure maple syrup or raw honey
½ teaspoon hot pepper flakes
1 teaspoon ground pepper
½ teaspoon sea salt
3 garlic cloves, peeled and minced
¼ cup chopped fresh parsley
¼ cup chopped fresh cilantro,
¼ cup chopped fresh oregano
2/3 cup extra virgin olive oil

1. Whisk all ingredients except for olive oil together in a bowl. When the salt and dijon have been completely incorporated, slowly add in the olive oil, whisking as you go.
2. Add your protein to the bowl with the marinade and let sit for only 1-2 hours. This one is best fresh!
3. Grill or roast in the oven - it's up to you!

SUGGESTED: We love this with everything!
Poultry, grass-fed meat, seafood and veggies.



herb bird marinade

1 small sweet yellow onion, peeled and chopped
3 garlic cloves, peeled
1 cup packed cilantro leaves
1 cup packed basil leaves
1/3 cup packed mint leaves
¼ cup fish sauce (we love Red Boat brand)
Zest and juice of 1 lime
2 teaspoons ground black pepper
2 teaspoons sea salt
2 teaspoons pure maple syrup or raw honey

1. Blend all of your ingredients together in high speed blender or food processor.
2. Add your marinade and protein into a large ziplock bag, sealing and handling the protein until well coated. Marinate the protein for at least two hours and up to 24 hours, flipping the bag around a few times to ensure it's well coated.
3. Grill or roast in the oven - it's up to you!

SUGGESTED: We love this with chicken, turkey, halibut or thick cuts of fish and eggplant.
Adapted from Nom Nom Paleo

citrus delight

2 large garlic cloves, peeled and minced
2 inch knob ginger, peeled and minced
1 medium/large orange, peeled and juiced
½ coconut palm sugar
1/3 cup tamari
2 tablespoons tamari
3 tablespoons toasted sesame oil
½ teaspoon red pepper flakes

1. Whisk all ingredients together in a bowl. Reserve ½ cup in a jar to baste your poultry/seafood while cooking.
2. Add your marinade and protein into a large ziplock bag, sealing and handling the protein until well coated. Marinate the protein for at least two hours and up to 24 hours, flipping the bag around a few times to ensure it's well coated.
3. Grill or roast in the oven - it's up to you!

SUGGESTED: We love this with chicken, turkey, shrimp and veggies.

zesty coconuttermilk

1 ½ cans coconut milk
Juice of 1 lemon
3 garlic cloves, peeled and minced
2 tablespoons chili powder
2 teaspoons ground coriander
2 teaspoons ground cumin
1 teaspoon turmeric
½ teaspoon sea salt
Zest and juice of 1 lime
Ground black pepper

1. In a bowl, combine the coconut milk and lemon juice. Set aside and let sit for ten minutes.
2. Add the garlic, chilli powder, coriander, cumin, turmeric, salt, lime zest and juice and whisk until well combined. Season to taste with black pepper and whisk once again.
3. Pour the marinade over your protein and marinate a minimum of 4 hour, and up to overnight.

SUGGESTED: Delicious with chicken, turkey or salmon.



sweet & spicy bbq sauce

12 Medjool dates
15 oz can tomato sauce
½ cup unsweetened applesauce
¼ cup balsamic vinegar
1 tablespoon fish sauce (we love Red Boat brand)
2 teaspoons smoked paprika
1 teaspoon granulated garlic
1 teaspoon onion powder
1 teaspoon ground black pepper
1 teaspoon sea salt
½ teaspoon turmeric

1. Cover dates with very hot water and soak them for 5-10 minutes, or until softened. When draining the water, put aside ½ cup of the liquid, then place the dates and the reserved water in a high speed blender or food processor. Process until completely pulverized.
2. Add the blended dates and the remaining ingredients to a medium saucepan. Bring to boil, then reduce heat to low and simmer for 1 hour.
3. Let the sauce cool slightly and blend the sauce in a blender.

SUGGESTED: Our absolute favorite for chicken drumsticks and turkey legs.