

# Simple Herb Salad Dressing with Ayurvedic Modifications

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My herb garden is at its peak, ready for harvest. Having fresh herbs on hand makes it easy to create delicious and nutritious homemade salad dressing. Use a variety of herbs you have on hand and good quality olive oil to make your homemade dressing extra special.



## Ingredients

- 1/2 cup good quality Olive Oil\*
- 1/4 cup apple cider vinegar
- 1 tablespoon lemon juice (optional, omit for pitta dosha)
- 7 tablespoons of fresh minced herbs ( use any combination of fresh herbs such basil thyme, oregano, parsley, mint, oregano, ect; see other herbs and spices to add based on your dosha)
- 2 tablespoons finely chopped leek whites or sweet red onion
- 1 teaspoon real maple syrup
- 1 teaspoon mineral salt

## Preparation

1. Mix all ingredients together in bowl and whisk to combine. For a smooth texture, blend in a high-speed blender.
2. Taste and add extra mineral salt to taste.
3. Allow at least 30 minutes before serving to allow the flavor of the herbs to infuse the oil.
4. Serve with your favorite salad greens or toss with pasta.

**Herbs and spices to add to balance each dosha. Add small amounts and increase based on taste:**

Vata Dosha ( to balance dryness and cold ) : basil,cumin, dill, fennel, fenugreek, garlic, ginger (fresh), marjoram, mustard, oregano, long pepper, peppermint, rosemary, sage, thyme, turmeric

Pitta Dosha (to balance heat) : dill, fennel, lemon verbena, peppermint,saffron, spearmint, fresh cilantro, coriander seed

Kapha Dosha (to balance heavy, cold ): basil, bay leaf, black pepper, cayenne, cloves, coriander, cumin, dill, fennel, garlic, ginger , marjoram, mustard, oregano, peppermint, sage, thyme



\*How to Choose a Good Extra Virgin Olive Oil

<https://www.consumerreports.org/health/cooking-oils/how-to-choose-a-good-extra-virgin-olive-oil-a8557720032/>