

TIP

Don't just drizzle them on salad. Go for chicken, eggs, grains, and more.



Dress to impress
Dressings let you dial up any dish, from salad (of course) to grains and eggs. Chef Andrew Swallow, of Mixt Greens in California, guides us.

Southeast Asian avocado dressing

To a blender or a food processor, add 1 avocado, diced; ½ cup coconut milk; 2 tablespoons fish sauce; 2 tablespoons lime juice; and 2 teaspoons sugar. Blend until smooth, then stir in 1½ tablespoons each chopped mint, chopped basil, chopped cilantro, and chopped jalapeño.

Try it on: Salmon or shrimp

Za'atar-yogurt dressing

In a medium bowl, whisk together 1 cup yogurt, ¼ cup extra-virgin olive oil, 1 tablespoon each za'atar and toasted sesame seeds, the zest of 1 lemon, 2 teaspoons each lemon juice and chopped parsley, ½ teaspoon each salt and grated garlic, and ¼ teaspoon black pepper.

Try it on: Grilled chicken

Caramelized-miso vinaigrette

In a medium pot over medium heat, cook 2 teaspoons each chopped garlic and grated ginger in ¼ cup canola oil until pieces begin to turn translucent. Add 2 tablespoons white or yellow miso and stir until dark brown. Add ¼ cup reduced-sodium soy sauce, ¼ cup rice wine vinegar, and ¼ cup mirin (Japanese cooking wine) and bring to a boil, scraping the bottom of pot with a wooden spoon. Transfer to a blender and slowly stream in ½ cup canola oil while blending. Stir in another 2 teaspoons grated ginger.

Try it on: Steamed vegetables

Pepita-poblano dressing

In an ovenproof pan, broil 2 Roma tomatoes, 1 unpeeled shallot, and 6 unpeeled garlic cloves until charred and blistered. When cool, peel garlic and shallots; add to a blender and process with tomatoes, 2 tablespoons chopped chipotle peppers in adobo, 1 tablespoon each pumpkin seeds and sesame seeds, 2 teaspoons each salt and honey, 1 teaspoon each cacao nibs and lime juice, and ½ cup extra-virgin olive oil.

Try it on: An egg sandwich

Herby vinaigrette

In a medium bowl, whisk together 2 teaspoons Dijon mustard and 5 tablespoons champagne vinegar. Drizzle in ¾ cup grapeseed oil, whisking constantly, and season with salt and pepper. Add diced shallots, crushed garlic, and fresh herbs and combine.

Try it on: Pasta or grain dishes