

COMPLIANT GREEK DRESSING

This oil free dressing is delicious. It goes well on any salad but it is particularly well with the Greek Inspired Tabouleh and the Complaint ‘Dry’ Greek Salad. I have created this dressing with two versions. One is a standard dressing and the other is a creamy version.

**Ingredients:**

* ⅓ cup red wine vinegar
* 1½ cups filtered water
* 2 Tbs. chia seeds
* 1 tsp. raisins
* ¼ cup fresh lemon juice
* ¼ cup Dijon mustard
* 2 tsps. dry oregano
* 1 tsps. dry basil
* 10 turns black pepper

**Ingredient for creamy version:**

* 2 cups steamed cauliflower or 1 cup Chef AJs Honey Mustard Dressing

**Method:  
​**

1. Combine the water, chia seeds and raisins in a blender and soak for an hour. This will help the chia to set and the raisins to soften so the dressing will blend smooth.

Note: If you are making the creamy version, steam your cauliflower now and set aside to cool.

1. Add the remaining ingredients to the chia seeds and water in the blender and blend until smooth.
2. Store dressing in glass jars in the fridge. The basic version makes about 2 cups. The creamy version makes 3 cups of dressing.