



# 15 Fresh & Easy Summer Dressing Recipes

PLUS HIDDEN NUTRITIONAL BENEFITS  
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We all know salads and summer bowls are a go-to when it's hot outside... But what really makes the difference in flavor and nourishment? **A good, fresh, homemade dressing.**

Store-bought dressings are often full of inflammatory oils, preservatives, sugar, and synthetic "flavors" that counteract the health benefits of your salad. But these DIY dressings? They're clean, vibrant, and packed with real food ingredients that fuel your body.

Here are 15 of my favorite simple, summer-friendly dressings—plus the nutritional benefits behind each one.. Ditch the store-bought stuff and get ready to elevate your summer meals!

## Recipes

### 1. Chimichurri

Ingredients:

- 1 cup fresh parsley
- 1/2 cup fresh cilantro
- 4 garlic cloves
- 2 tbsp fresh lemon juice
- 1/2 cup olive oil
- 2 tbsp red wine vinegar
- 1 tsp dried oregano
- Pinch red pepper flakes
- Salt + pepper

❖ Best for: Grilled steak, chicken, shrimp, or roasted veggies

❖ **Nutritional Benefit:** Rich in antioxidants and chlorophyll. Supports liver detox and immune function.

### 2. Covenanted Cesar

Ingredients:

- 2 tbsp Chosen mayo

- 1/4 cup olive oil
- 1 tbsp lemon juice
- 2 tsp Dijon mustard
- 2 garlic cloves
- 1tsp red wine vinegar
- 1 tsp anchovy paste
- 1/2 cup fresh grated parmesan
- few dashes of Worcestershire sauce
- Salt + pepper

 Best for: romaine wraps, grilled chicken salads

 **Nutritional Benefit:** High in protein and probiotics for gut support. Lighter than traditional Caesar dressing.

### 3. Creamy Avocado Lime

**Ingredients:**

- 1 ripe avocado
- 1/2 cup yogurt
- Juice of 2 limes
- 1/4 cup olive oil
- 1 garlic clove
- Handful of cilantro
- 2 tbsp water to thin
- Salt + pepper

 Best for: Taco salads, fish tacos, grain bowls

 **Nutritional Benefit:** Loaded with healthy fats, fiber, and potassium to support heart and hormone health.

### 4. Lemon Herb Vinaigrette

**Ingredients:**

- 1/2 cup olive oil
- 2 tbsp lemon juice
- 1 tsp honey
- 1 tsp Dijon mustard
- 2 tbsp chopped fresh herbs (basil, thyme, parsley)

 Best for: Light leafy salads, grilled veggies, pasta salad

 **Nutritional Benefit:** High in vitamin C and anti-inflammatory compounds. Great for immune and skin support.

## 5. Cilantro Lime

Ingredients:

- 1 cup cilantro
- Juice of 2 limes
- 1/4 cup olive oil
- 1 garlic clove
- 1 tbsp honey or maple syrup
- Pinch of cumin + salt

 Best for: Corn salad, taco bowls, grilled chicken

 **Nutritional Benefit:** Cilantro supports heavy metal detox. Lime is rich in vitamin C and promotes collagen production.

## 6. Garlic Dill Ranch

Ingredients:

- 1/2 cup mayo
- 1/4 cup Greek yogurt
- 1 tsp garlic powder
- 1 tsp onion powder
- 2 tbsp fresh dill
- 1 tbsp lemon juice

 Best for: Veggie platters, chicken wraps, baked potatoes or a dip w/ grilled meats

 **Nutritional Benefit:** Garlic supports immune function and dill aids digestion.

## 7. Citrus Basil Vinaigrette

Ingredients:

- Juice of 1 orange
- 2 tbsp lemon juice
- 1/4 cup olive oil
- 1 tsp honey

- 2 tbsp chopped fresh basil

 **Best for:** Mixed greens, quinoa salads, grilled shrimp or fresh mozzarella + tomato

 **Nutritional Benefit:** Citrus supports collagen production. Basil provides natural anti-inflammatory compounds.

## 8. Tzatziki

**Ingredients:**

- 1 1/2 cup Greek yogurt
- 2 tbsp olive oil
- 1/4 cup shredded cucumber and squeezed to drain
- 1 tbsp lemon juice
- 1 tbsp red wine vinegar
- 3 garlic cloves chopped
- 1 tbsp fresh chopped dill
- 1-2tsp salt

 **Best for:** Lamb, chicken gyros, falafel bowls, or Mediterranean-style salads

 **Nutritional Benefit:** Greek yogurt provides probiotics; cucumber is hydrating and cooling.

## 9. Creamy Tahini Garlic

**Ingredients:**

- 1/4 cup tahini
- Juice of 1 lemon
- 1 garlic clove
- 2–4 tbsp water to thin
- Salt, pepper, and maple syrup

 **Best for:** Roasted sweet potatoes, grain bowls, falafel, or drizzled over greens

 **Nutritional Benefit:** Tahini is rich in calcium and healthy fats. Garlic supports detox and immune health.

## 10. Spicy Jalapeño Cilantro

**Ingredients:**

- 1/2 jalapeño

- 1/2 cup mayo or Greek yogurt
- Juice of 1 lime
- Handful of cilantro
- 1 garlic clove

🌮 **Best for:** Tacos, nacho bowls, chicken fajitas, or Mexican-style slaws

⭐ **Nutritional Benefit:** Capsaicin boosts metabolism. Cilantro supports detoxification.

## 11. Sun-Dried Tomato Vinaigrette

**Ingredients:**

- 1/4 cup sun-dried tomatoes in oil
- 1/4 cup olive oil
- 2 tbsp red wine vinegar
- 1 garlic clove
- Pinch oregano

🍅 **Best for:** Pasta salads, roasted veggie bowls, arugula and goat cheese salads

⭐ **Nutritional Benefit:** Rich in lycopene, an antioxidant beneficial for skin and heart health.

## 12. Honey Mustard Greek Yogurt

**Ingredients:**

- 1/4 cup Greek yogurt
- 1 tbsp Dijon mustard
- 1 tbsp honey
- 1 tsp apple cider vinegar

🍗 **Best for:** Chicken tenders, roasted Brussels sprouts, or apple + cheddar salads

⭐ **Nutritional Benefit:** Greek yogurt adds probiotics; honey offers antibacterial support.

## 13. Roasted Garlic + Herb

**Ingredients:**

- 1 head roasted garlic
- 1/4 cup olive oil
- 2 tbsp lemon juice

- 1 tbsp chopped thyme or rosemary

🥔 **Best for:** Roasted potatoes, mushroom + grain bowls, or drizzled on grilled veg

🌟 **Nutritional Benefit:** Roasted garlic supports immune resilience; herbs reduce oxidative stress.

## 14. Creamy Chipotle Lime

**Ingredients:**

- 1/2 cup Greek yogurt or sour cream
- 1 tbsp Chosen mayo
- 1 chipotle pepper in adobo
- 1 garlic clove
- 1 tsp honey
- Juice of 1 lime
- 1 tbsp olive oil
- pinch of salt

🌯 **Best for:** Burrito bowls, grilled chicken, cauliflower tacos, or southwest salads

🌟 **Nutritional Benefit:** Chipotle provides smoky flavor and metabolism support; lime adds vitamin C.

## 15. Green Goddess

**Ingredients:**

- 1/2 avocado
- Juice of 1 lemon
- Handful of parsley + basil
- 1 garlic clove
- 1/4 cup olive oil
- Optional: 1 tbsp Greek yogurt or mayo

🌿 **Best for:** Cobb salads, grain bowls, veggie wraps, or as a dip for raw vegetables

🌟 **Nutritional Benefit:** Packed with healthy fats, chlorophyll, and detoxifying herbs for full-body nourishment.

Making your own salad dressings is a simple way to boost the flavor and nutritional value of your meals. By using fresh, whole ingredients, you can avoid unhealthy additives and create dressings that

are both delicious and good for you. So, this summer, get creative in the kitchen and experiment with these 15 easy dressing recipes. Your taste buds (and your body) will thank you!

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