Ditch the bottled stuff – homemade dressing tastes fresher and is better for you. Start with a basic recipe and add in fresh herbs or spices for a simple way to dress up any dish.

**Step 1: Components**
- oil: olive oil, vegetable oil
- acid: lemon juice, vinegar
- binder: Dijon mustard, honey

**Step 2: Ratio**
The perfect ratio for a basic vinaigrette is one part acid to three parts oil. Follow this general rule-of-thumb for a tasty dressing every time.

**Step 3: Add-ins**
Experiment with by mixing in fresh herbs or spices. Mint, basil, and parsley are popular choices to add flavor to your dressing.
Fresh Herb & Lemon Bulgur Pilaf

**Ingredients**
- 2 tablespoons extra-virgin olive oil
- 2 cups chopped onion
- 1 clove garlic, finely chopped
- 1 1/2 cups bulgur, preferably medium or coarse (see Note)
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon ground cumin
- 2 cups vegetable broth, or reduced-sodium chicken broth
- 1 1/2 cups chopped carrot
- 2 teaspoons grated or finely chopped fresh ginger
- 1 teaspoon coarse salt
- 1/4 cup lightly packed finely chopped fresh dill
- 1/4 cup lightly packed finely chopped fresh mint
- 1/4 cup lightly packed finely chopped flat-leaf parsley
- 3 tablespoons lemon juice, or more to taste
- 1/2 cup chopped walnuts, toasted

**Directions**
1. Heat oil in a large high-sided skillet or broad shallow saucepan with a tight-fitting lid over medium heat until hot enough to sizzle a piece of onion. Add onion, reduce heat to medium-low and cook, stirring often, until golden brown, 12 to 18 minutes. Stir in garlic and cook, stirring, for 1 minute. Add bulgur, turmeric and cumin and cook, stirring, until the bulgur is coated with oil, about 1 minute.
2. Add broth, carrot, ginger and salt and bring to a boil, stirring. Cover and cook over medium-low heat until all the broth is absorbed and there are “eyes” or indentations in the surface of the bulgur, about 15 minutes. (Do not stir the pilaf.) Remove from the heat and let stand, covered, for 5 minutes.
3. Stir dill, mint, parsley and lemon juice into the pilaf. Serve topped with walnuts.

Note: Bulgur is made by parboiling, drying and coarsely grinding or cracking wheat berries. Don’t confuse bulgur with cracked wheat, which is simply that—cracked wheat. Since the parboiling step is skipped, cracked wheat must be cooked for up to an hour whereas bulgur simply needs a quick soak in hot water for most uses.

Dill-Tahini Sauce

**Ingredients**
- 1/4 cup tahini
- 1/4 cup water
- 1/2 clove garlic
- 2 tablespoon lemon juice
- 1 tablespoon olive oil
- 1 teaspoon balsamic vinegar
- 1/4 teaspoon paprika
- 1/8 teaspoon salt
- 1/2 cup lightly packed fresh dill

**Directions**
Mix in a food processor and serve as a dip, dressing, or sauce.

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