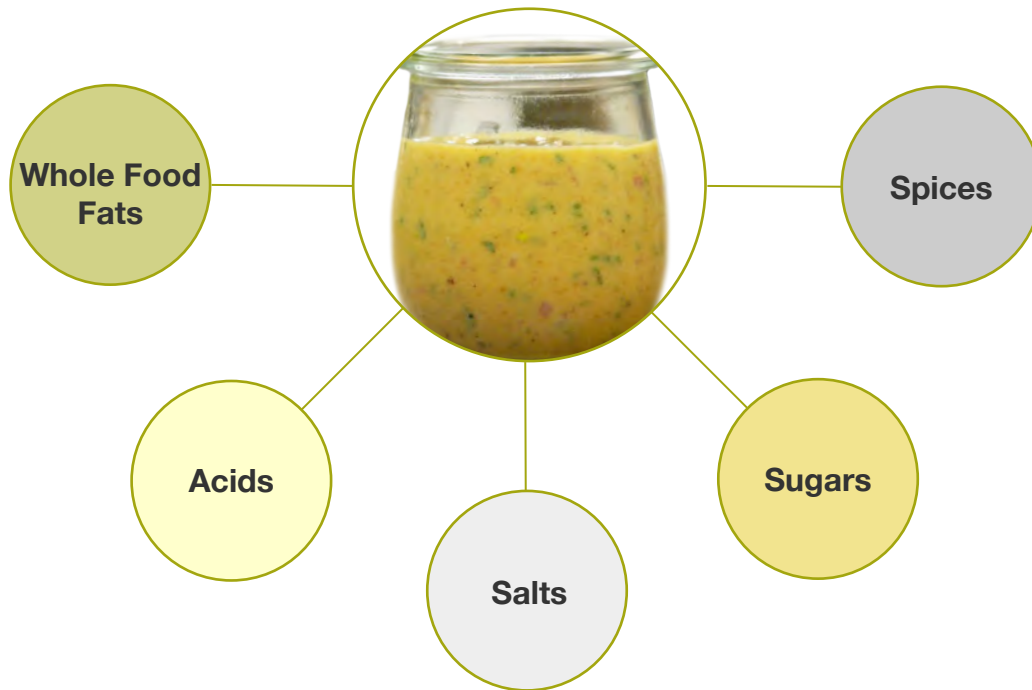


Marinades and dressings are a great way to layer and intensify flavors within a plant-based meal. These versatile staples can be endlessly customized, whether you're marinating vegetables, tofu, tempeh or other plant-based proteins, or just tossing with fresh greens and vegetables. Consider which of the two methods is most appropriate for the recipe you are creating (whisked or shaken, or blended).

No-Oil Marinades & Dressings



To create a no-oil marinade or dressing, choose one ingredient from each category. Consider seasonality, availability of ingredients—and of course, your preferences.

Whole Food Fats	Acids	Salts	Sugars	Spices
Avocado	Fresh citrus juice	Braggs	Coconut water	Condiments
Nut or seed butter	Mustard	Capers	Dried fruit and fruit pastes	Garlic
Nuts or seeds (raw or toasted)	Sauerkraut	Miso	Fresh fruit, diced	Ginger
Tofu	Tomato	Olives	Fresh fruit juice	Herbs (fresh and dried)
	Vinegar (plain or flavored)	Pickles	Liquid sweeteners (agave, honey, maple syrup, Yacón syrup)	Hot peppers
	Wine	Sea salts	Sweet vegetable juices (beet, carrot)	Nutritional yeast
		Seaweeds (dulse, nori)		Onions
		Tamari		Spices (fresh and dried)