



Spirulina Scallion Vinaigrette

Author: [Nina Kauder](#)

- **Prep Time:** 15 minutes, no cook time ;-)
- **Yield:** 2 cups (12 servings as dressing, 6 as marinade)
- **Method:** Oven & Blender
- **Cuisine:** Vegan, Gluten-free, Dairy-free

Ingredients:

4 Scallions, grilled, or oven-roasted till caramelized
1 Cup Spirulina Kombucha (can substitute with plain Apple Cider Vinegar)
½ Cup Maple Syrup
½ Cup Liquid Turmeric Extract - ask your local juice bar to juice some fresh turmeric root
1 tsp Dijon Mustard
S&P to taste (optional)

Health Benefits:

Scallions are rich in Vitamin K, which helps your blood clot and keeps your bones strong.

Turmeric cleanses deep toxins from the liver.

Maple Syrup (the real kind) fuels liver cells.

Spirulina is a high protein green, helps prevent heart disease and has positive implications in managing diabetes, too.

Kombucha contains anti-oxidants and can kill bacteria.

Dijon Mustard is rich in Selenium, which plays a key role in healthy thyroid function.

Method:

Preheat Oven to 425 degrees. Trim scallions, removing an inch of root end and place long scallions in a high heat oven (425 degrees) or use a BBQ grill, dry cast iron pan or griddle. Cook 5 minutes undisturbed, then turn and cook another 5 minutes till crisp. Remove from heat and set aside to cool down while proceeding with next steps.

In high speed blender, briefly blend together the kombucha (or vinegar and optional spirulina), maple syrup, and liquid turmeric on low speeds. Add in the cooked scallions, and puree till all ingredients blend together and taste for any salt or pepper you might still want to add.

Pour into a glass jar or bottle. Dress, then toss your salad greens with a light coating, or serve alongside lightly steamed vegetables.

Notes:

- This recipe is a NO Oil recipe. To learn why I no longer cook with oil, click [here](#):
- Kept refrigerated, this dressing will keep up to two weeks
- Alternatively, this could make a great marinade for pressed, cubed tofu, marinated and baked.

