

Salad Dressings

Simple Vinaigrette

2 tablespoons olive oil
2 tablespoons balsamic or red wine vinegar
1/2 teaspoon dry or hot mustard
1 teaspoon dried herbs
1 clove garlic, finely chopped or 1/2 teaspoon garlic powder

Place all ingredients in a small jar. Shake until mixed.
Portion carefully onto salad. Refrigerate leftover dressing for up to 5 days.

Makes 6 portions of 2 teaspoons each

Cesar's Salad Dressing

1/2 cup cottage cheese
1/4 cup milk
2 Tbsp. lemon juice
1 clove garlic, minced
2 tablespoons olive oil
2 tablespoons grated parmesan cheese
Pepper

In a blender or food processor, blend together all ingredients and season with pepper.
Toss with romaine lettuce and croutons. Refrigerate leftover dressing for up to 5 days.

Makes about 1 cup dressing, enough for 8 servings

Raspberry Vinaigrette

1/2 cup raspberries (frozen or fresh)
1/4 cup apple cider vinegar
2 tablespoons balsamic vinegar
1 teaspoon honey
1 teaspoon dijon mustard
2 tablespoons oil

In a blender or food processor, blend together all ingredients. Refrigerate leftover dressing.

Makes 1 cup dressing or 10 servings