



Great Salad Dressings

Poppy Seed Dressing:

2/3 c. honey
1 tsp. paprika
1 tsp. dry mustard
1/4 tsp. salt
1/3 c. lemon or lime juice
1 c. oil
1-2 tsp. poppy seeds

Combine honey, paprika, mustard and salt. Stir in lemon or lime juice. Add oil in a slow, steady stream, beating constantly with an electric mixer until thick. Beat in poppy seeds. Refrigerate.

Blue Cheese Dressing:

3/4 c. SCD yogurt
1/4 c. crumbled blue cheese
2 Tbs. Spectrum Organic Mayonnaise

Vinaigrette Dressing:

1/3 c. olive oil
3 Tbs. cider vinegar
1 tsp. salt
1 tsp. dried oregano
1/2 tsp. honey

In a jar with a tight-fitting lid, combine the dressing ingredients; shake well.

Authentic Italian Dressing

1½ teaspoons crushed garlic
1 teaspoon salt
½ cup olive oil
½ cup vegetable oil
1 to 2 teaspoons honey
1/3 cup apple cider vinegar
1/3 cup lemon juice
¼ teaspoon oregano
¼ teaspoon basil
salt & pepper to taste

Combine all ingredients in a jar and shake well. Keep refrigerated. Shake well before each use.

Salad Nicoise Dressing:

1/4 c. vinegar
1 Tbs. legal mustard
1 tsp. honey
1/4 tsp. *each* salt and pepper
1 Tbs. finely chopped chives
1/2 c. olive oil

Combine vinegar, mustard, honey, salt, pepper and chives. With an electric mixer or a whisk, slowly add oil until slightly thickened.



Homemade Ranch Dressing

1 c. Spectrum Organic mayonnaise
1 c. SCD yogurt
2 Tbs. very finely chopped onion
1/2 tsp. salt
1/8 tsp. crushed garlic
1 Tbs. parsley, dried

Combine and allow flavors to blend for an hour or more.

Cole Slaw Dressing

1 c. SCD yogurt
1/2 c. Spectrum Organic mayonnaise or SCD yogurt
1 Tbs. honey
1 Tbs. vinegar
1/2 tsp. salt
1/4 tsp. pepper

With a whisk, combine all ingredients in a small bowl. Use as directed.

Fruity Dressing:

3 T. lime juice
2 T. vinegar
2 T. olive oil
2 T. honey
1 medium mango, peeled and chopped
1 t. grated lime peel
1 t. kosher salt
1/4 t. pepper

Place ingredients in a blender; cover and process until puréed

Easy Fruit Salad Dressing

Combine SCD yogurt with a little honey and a few drops of vanilla, if desired
. Stir into any combination of fruit, such as speckled bananas, oranges and grapes with chopped pecans.