

Making Salads More Interesting

The following are salad dressings that are pretty good to dress up your salads. You want to avoid dressings that have a lot of sugar or use canola oil. Read the ingredients label on the bottle. If sugar is listed in the first 7 to 10 items listed on the label, you probably have too much.

The best dressing is Extra Virgin Olive Oil and Balsamic Vinegar. Keep each in separate bottles and apply to your salad separately or you may mix them "half and half" in a bottle and use them that way.

Newman's Own: Olive Oil and Vinegar

Naturally Preferred : Most seem pretty good.

Annie's Naturals: Some are good, but watch out for canola oil.

Cardini's: Most seem OK

If you like Blue Cheese dressing you can mix the following:

Put 4 to 6 oz. blue cheese, crumbled up, into a bowl

Add:

1 ½ cups mayonnaise

1 cup buttermilk

½ tsp. Sea salt

¼ tsp. Ground black pepper

¼ tsp. Garlic powder

1 tsp. to 1 Tbs. honey (to taste if you want it sweeter)

Mix thoroughly and put in a glass quart jar with a lid and let sit over night. Keep refrigerated.