

H O M E M A D E

*Salad
Dressings*

dressings · creams · dips

**KEEPERS AT HOME SAMPLER
· THREE ·**

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SALAD DRESSING BASICS

- >Vinegar and oil are the original salad dressings that preceded the variations invented since.
- >To keep the oil from separating from the vinegar and water, a blender fills the need perfectly since it homogenizes your oil as you dribble it slowly into the dressing.
- >There are several other ways to have a thick dressing when trying to make a lowfat dressing. A yogurt or cottage cheese base is an easy way. A cooked flour/water base is found on page 14.



Heart symbol denotes
unprocessed oil and
sweetener recipe.



ASSORTED DRESSINGS

L & K DRESSING

- | | |
|-------------------------|--------------------------|
| 1 C. salad dressing | $\frac{1}{4}$ C. vinegar |
| 1 C. Wesson oil (scant) | 1 chopped onion |
| 1 C. sugar | Celery (optional) |

Beat well. Good for cabbage and lettuce.

RUSSIAN SALAD DRESSING

- | | |
|---------------------------------|-------------------------|
| $\frac{3}{4}$ C. tomato soup | $\frac{3}{4}$ C. catsup |
| $\frac{1}{2}$ tsp. celery seed | 1 C. sugar |
| $\frac{1}{2}$ tsp. grated onion | 1 C. salad oil |
| $\frac{1}{8}$ tsp. garlic salt | 1 tsp. salt |

Mix together and beat thoroughly.



POPPY SEED DRESSING

- | | |
|----------------------------|------------------------------|
| $\frac{3}{4}$ C. sugar | $2\frac{1}{4}$ C. mayonnaise |
| $\frac{3}{4}$ C. salad oil | 4 tsp. poppy seed |
| $\frac{3}{4}$ C. vinegar | |

Mix sugar, oil, and vinegar. Add mayonnaise and poppy seed. Mix well.