



LOW SODIUM SALAD DRESSING OPTIONS

ITALIAN

1/2 PACKAGE DRY MIX GOOD SEASONS ITALIAN ALL NATURAL (sold near other dressings)
1/4 CUP VINEGAR (CIDER OR BASALMIC)
1/2 CUP OIL (CANOLA, VEGETABLE, OLIVE, FLAX OR ANY COMBINATION)
3 TABLESPOONS OF WATER

SHAKE OR MIX WITH FORK

PAULETTE'S: MAKE YOUR OWN BLEND FOR ITALIAN DRESSING

1 TB GARLIC POWDER 1 TB PARSLEY 1/4 tsp TYME
1 TB ONION POWDER 1/4 tsp CELERY SALT
(MIX TOGETHER AND USE 1-2 TABLESPOONS OF THE MIXTURE TO 1/4 CUP VINEGAR AND 3/4 CUP OLIVE OIL)

RANCH

1/2 PACKAGE DRY MIX HIDDEN VALLEY RANCH
1/4 CUP SKIM OR LOW FAT MILK
1/2 CUP LOW FAT OR REGULAR SOUR CREAM

MIX TOGETHER FOR SALADS OR VEGETABLE DIP

FOR MORE FLAVOR ADD CHOPPED CHIVES, GARLIC POWDER, CRACKED PEPPER, SALT SUBSTITUTE, AND OR CHOPPED FRESH PARSLEY.

EATING OUT OR AT HOME

(BUY YOUR FAVORITE BOTTLED DRESSING)

USE 1 TO 2 TABLESPOONS (PER SALAD) AND ADD FRESH LEMON JUICE OVER SALAD TO REDUCE THE AMOUNT OF SODIUM AND STILL HAVE THE DRESSING FLAVOR YOU LOVE. USE CRACKED PEPPER AND SALT SUBSTITUTE TO TASTE.

SABINE'S VINEGARETTE

1/8-1/4 CUP RICE VINEGAR (BASALMIC OR CIDER VINEGAR CAN BE SUBSTITUTED)
1/2 CUP OLIVE OIL
2 TABLESPOONS FRESH CHOPPED ONION
1 TABLESPOON YELLOW MUSTARD
DASH OF SEA SALT
1/4 TBS. CRACKED OR GROUND PEPPER
1 TBS. CHOPPED FRESH CILANTRO (OPTIONAL)

SHAKE OR MIX TOGETHER AND USE 2-3 TBS. OF DRESSING ON YOUR SALAD.