



DINNER BELLE

BY JIL UTTERBACK



Have you noticed at the grocery store how many different types of lettuce there are these days? In bags, in containers, fresh, organic, with dressing packets and other additives touted as Asian, South Western etc and of course full salads made to your liking...it can all get very confusing! Then there is the salad dressing aisle with so many choices and various prices low to very high, it boggles the mind! But one thing I have discovered is whichever type lettuce that you choose you can make your own dressing easily and much more economically and it tastes really great! One of my very favorites is a honey mustard dressing that my husband has discovered he loves drizzled even over his meat! I will also share a dressing made with smoked paprika that is also very good and healthy! If you make your own, you can avoid those long words you can't pronounce unhealthy ingredients listed on store bought dressings!



HONEY MUSTARD DRESSING

$\frac{1}{4}$ cup mayonnaise—I use Vegenaize which is made with expeller-pressed safflower oil, olive oil and flaxseed oil and contains less than half the fat and calories of traditional mayonnaise. Look for your healthiest option of the many! I always double this recipe and put it in a mason jar!
1 tablespoon mustard
1 tablespoon honey (I confess I squeeze in a little more!)
 $\frac{1}{2}$ tablespoon lemon juice

SMOKED PAPRIKA SALAD DRESSING

2 tablespoons tahini (ground sesame seeds)
2 tablespoons lemon juice
2 tsp smoked paprika
 $\frac{1}{2}$ teaspoon fresh garlic
Sea salt and ground black pepper
(I found it gets a little thick the next day so I just add a little water and shake it up!)



TAHINI GODDESS DRESSING

2 cloves minced garlic
 $\frac{1}{2}$ cup tahini
4 teaspoons soy sauce
2 tablespoons of apple cider vinegar
2 teaspoons of honey
 $\frac{1}{3}$ cup water
2 tablespoons of finely chopped fresh parsley
Finally, the quick and easy 3-2-1 dressing is sooooo good and once you start making your own, you will find you can skip those expensive dressings! 3 TBSP balsamic vinegar, 2 TBSP mustard and 1 TBSP maple syrup!

So we are off to a good start for our summer swimsuit time by eating more salad and experimenting with making your own! And you might experiment with lettuce wraps... I put a recipe for a garbanzo(chickpea) bean filling in a previous magazine (Spring 2017) that you wouldn't know it had no meat! Simply smash them and add a little lite mayo, a little mustard & honey and all the ingredients you would add for chicken salad (celery, onion, etc) and put it in a romaine lettuce leaf—roll it up and enjoy! Maybe even add a little of that honey mustard dressing! We don't need that bread to make a sandwich!

Email me at jilu@indian-creek.net with comments!