

SALAD DRESSINGS

Salt Free Italian:

1/4 cup extra virgin olive oil
3-4 tbsp white wine vinegar or champagne vinegar
1 tbsp Italian seasoning blend (Mrs. Dash's salt-free blend or your favorite mix of Italian seasonings)
1/2 tbsp garlic powder
1/2 tbsp onion powder
freshly ground black pepper to taste

Variations (Lo Salt)

1. Mustard (dijon or stoneground)
2. Creamy: add 1 tbsp of mayo

Thousand Island Style - Lo Salt

Equal parts Mayo and no salt Heinz ketchup

Variations (Lo Salt)

1. True 1000 Island with dill pickles. Mix in 8 finely chopped Heinz Hamburger Dill chips which is 1 tbsp and 60 mg of sodium (lowest sodium pickles I could find.)

Honey Mustard

Equal parts mayo, mustard and honey. Can spice it up with cayenne pepper if you like.

SAUCES

Tarter sauce

1 tbsp mayo, 1 tbsp 8 finely chopped Heinz Hamburger Dill chips, garlic powder & dill weed to taste.

Cocktail sauce

1 tbsp no salt ketchup and 1 tbsp ground prepared horseradish. Adjust horseradish to your taste.