

BLEU-GREEN GIANT DRESSING §

When I first assembled this salad dressing, I thought it would be a take-off on Green Goddess Dressing, because it turned out to be greenish (and bleu-ish). But, upon looking up the real thing, I learned that about the only thing they had in common was the green color, and not even in what made it green. My product did, however, have big taste, so I gave it the title above.

½ cup lemon juice
 ½ cup white vinegar
 ½ cup low-fat buttermilk
 1 cup scallion tops (green part only)
 2 tbsp “sugar”
 ½ tsp freshly ground black pepper
 2 tbsp dried onion flakes
 2 tbsp onion powder
 2 tbsp garlic powder
 2 tbsp dried parsley flakes
 1 tsp dried dill weed
 ¼ tsp cayenne pepper
 8 oz bleu cheese

Assemble all ingredients except the bleu cheese in a blender and buzz at high speed until the scallion greens are completely liquified. Finally, while blending, drop in the bleu cheese a tablespoonful at a time until it is all incorporated into the mixture.

Toss into any green salad, as you would any dressing.

Makes about 2 cups.

PEANUT BUTTER ITALIAN GINGER SALAD DRESSING

The idea for this recipe came to me while watching a cooking show on the Food Channel one day. The chef (Ming Tsai, I think) made a sauce for coleslaw with peanut butter, soy, and ginger, but I couldn’t find a pencil quick enough to record all the ingredients and proportions. So I set about to make a similar

dressing for regular green salads, and this is the result. We use it regularly. It is *really good*.

1 packet Italian dressing mix (fat free, if you can find it)
 1 oz lemon juice
 4 oz red wine vinegar
 4 oz soy sauce,
 4 oz water
 2 scallions, sliced
 1 tsp garlic purée
 1 large jalapeño chile, seeds removed and minced
 1 tbsp, heaping grated ginger
 1 tsp “sugar”
 2 tbsp chopped fresh cilantro leaves
 1 cup peanut butter
 1 tbsp toasted sesame oil
 ½ tsp guar gum

Combine all the ingredients except the peanut butter in a blender, put on the lid, and buzz at medium speed until well mixed. Add the peanut butter, reapply the lid, and buzz at high speed until the mixture is emulsified and creamy smooth. Add extra peanut butter or water to get the consistency you prefer. Refrigerate while being used.