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	Zucchini Butter You won't believe how amazing homemade apple butter. AND spread on crusty carbos like be pro/fats and/or veggies.	this is a veggie so	b it can be used as a
	Zucchini Butter (Level 1)		
	peeled and seeded zucchini to4 tablespoons vinegar1 teaspoon lemon juice2 cups sugar substitute (I use1 teaspoon powdered cinnamo2 drops of red food coloring	W hey L ow)	rsely chopped
	Add zucchini and vinegar to blender. Blend until smooth.		
	Pour the zucchini mixture into ingredients and mix. Turn hear simmer for 3 to 3 3/12 hours, is thick. Remove from heat, al	t on low to mediu stirring occasiona	Im-low and allow to ally, until the mixture
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	Zucchini Butter (Level 1)		
	 peeled and seeded zucchini to 4 tablespoons vinegar 1 teaspoon lemon juice 2 cups sugar substitute (I use 1 teaspoon powdered cinnamon 2 drops of red food coloring 	W hey L ow)	rsely chopped
	Add zucchini and vinegar to blender. Blend until smooth.		
	Pour the zucchini mixture into ingredients and mix. Turn heat simmer for 3 to 3 3/12 hours, is thick. Remove from heat, all	on low to mediu stirring occasiona	Im-low and allow to ally, until the mixture
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Rinky	Posted - 15 March 2005 14:27 🛛 👮	0	
	1 clove garlic minced 1/3 c. olive oil 2 tsp. anchovey paste 1 tsp. worchestershire 1/4 tsp. salt 1/4 tsp.dry mustard fresh ground pepper 3 Tbl. mayo 2 Tbl. lemon juice 1/3 c. parmesan mix well. Click here to show the mod Click here to close thread (administ		

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Author		Posting	
Rinky	Posted - 15 March 2005 14:27	8	
	1 clove garlic minced 1/3 c. olive oil 2 tsp. anchovey paste 1 tsp. worchestershire 1/4 tsp. salt 1/4 tsp.dry mustard fresh ground pepper 3 Tbl. mayo 2 Tbl. lemon juice 1/3 c. parmesan mix well. Click here to show the mod Click here to close thread (administ		

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 $http://legacy.suzannesomers.com/...ser+dressing\&forum_title=Pour+It+On+\%28 Condiments\%2C+Dressings+and+Dips\%29\&M=True\&S=True[9/8/14, 8:14:39\ AM]$

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Author		Posting	
lbsGottaGo	Posted - 6 January 2009 9:19 I use to have a recipe from the great. It used Olive oil, Parmes Paste are the only ingredients ingredients	an Cheese, Brown Mu	ustard and Anchovy
	Click <u>here</u> to show the Click <u>here</u> to close thread (adr	1.5	

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	Click <u>here</u> to show the our It On (Condiments, nd Dips) Thread: Caesar sing	e most recent reply fir	rst. <u>Send Topic To a Friend</u>
Author		Posting	
IbsGottaGo	Posted - 6 January 2009 9:19 I use to have a recipe from the great. It used Olive oil, Parmes Paste are the only ingredients ingredients	an Cheese, Brown M	ustard and Anchovy
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wired_foxterror Posted - 22 December 2008 18:44 Image: Second Secon	Author	Posting	
 Maple Syrup (Level 1) 2 cups sugar substitute (I use W hey L ow) 1 cup water 1 or 2 teaspoons maple extract Put the sugar substitute into a small saucepan, then slowly pour the water over it. Turn the burner on high. DO NOT STIR. When the mixture starts to boil check to see if the sugar substitute has dissolved into the water. If you still see granules let it boil another 15 seconds. Remove from heat and stir in the maple extract. Store in an airtight container. DO NOT REFRIGERATE as it will crystalize. Enjoy! Foxye Somersizing since 01/03 230/165/165 Visit my blog at www.wiredfoxterror.blogspot.com A smile is a curve that sets everything straight. Click here to show the most recent reply first. Click here to close thread (administrators & moderators only). 	wired_foxterror	Posted - 22 December 2008 18:44 🖉 🍓	
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crystalize. Enjoy! Foxye Somersizing since 01/03 230/165/165 Visit my blog at www.wiredfoxterror.blogspot.com A smile is a curve that sets everything straight. Click here to show the most recent reply first. Click here to close thread (administrators & moderators only).		water over it. Turn the burner on high. D mixture starts to boil check to see if the dissolved into the water. If you still see g	O NOT STIR. When the sugar substitute has granules let it boil another 15
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Somersizing since 01/03 230/165/165 Visit my blog at www.wiredfoxterror.blogspot.com A smile is a curve that sets everything straight. Click here to show the most recent reply first. Click here to close thread (administrators & moderators only).		Enjoy!	
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Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).		Visit my blog at www.wiredfoxterror.blogs	spot.com
Click here to close thread (administrators & moderators only).		A smile is a curve that sets everything st	raight.
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wired_foxterror Posted - 22 December 2008 18:44 Image: Control of the second seco	Syrup Author	Posting	
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A smile is a curve that sets everything straight. Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).		Somersizing since 01/03	
Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).		Visit my blog at www.wiredfoxterror.blog	spot.com
Click here to close thread (administrators & moderators only).		A smile is a curve that sets everything s	traight.
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Author	Posting			
wired_foxterror	Posted - 19 December 2008 18:9 🤵 🍓			
	I roll this up in lettuce leaves for lunch, or tomatoes, onions & cheese layered on top.			
	Mexican Rollups or Dip (Level 1)			
	 1 8 oz package cream cheese 1 cup sour cream 1 tbs chili powder 1/4 teaspoon granulated garlic 1/4 teaspoon onion powder 1/4 teaspoon cayenne 1/4 teaspoon oregano 1/2 teaspoon paprika 2 teaspoons ground cumin 1 teaspoon kosher salt chopped tomatoes chopped green onions Shredded cheese (cheddar, mexican blend 	, etc)		
	Mix together the cream cheese, sour crear combined. Spread on lettuce leaves, top w onions and cheese. Roll up and serve.			
	For a dip, mix together the cream cheese, well combined. Transfer to a bowl. Layer c onions and shredded chese on top. Serve sticks for dipping.	hopped tomatoes, green		
	Enjoy!			
	Foxye Somersizing since 01/03 230/165/165			
	Visit my blog at www.wiredfoxterror.blogsp	pot.com		
	A smile is a curve that sets everything stra	smile is a curve that sets everything straight.		
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	Click <u>here</u> to show the most recent reply fir t <u>On (Condiments.</u> <u>bips)</u> Thread: Mexican	rst. Send Topic To a Friend
Author	Posting	
wired_foxterror	Posted - 19 December 2008 18:9 🤵 🍓	
	I roll this up in lettuce leaves for lunch, or serve tomatoes, onions & cheese layered on top.	e it as a dip with the
	Mexican Rollups or Dip (Level 1)	
	 1 8 oz package cream cheese 1 cup sour cream 1 tbs chili powder 1/4 teaspoon granulated garlic 1/4 teaspoon onion powder 1/4 teaspoon cayenne 1/4 teaspoon oregano 1/2 teaspoon paprika 2 teaspoons ground cumin 1 teaspoon kosher salt chopped tomatoes chopped green onions Shredded cheese (cheddar, mexican blend, etc) 	
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	Enjoy!	
	Foxye Somersizing since 01/03 230/165/165	
	Visit my blog at www.wiredfoxterror.blogspot.co	m
	A smile is a curve that sets everything straight.	
	Click <u>here</u> to show the most recent reply fir Click <u>here</u> to close thread (administrators & moderators of	
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	Click <u>here</u> to show the mos <u>On (Condiments,</u> ips) Thread: Texan	st recent reply fir	rst. <u>Send Topic To a Friend</u>	
Author		Posting		
wired_foxterror	Posted - 11 November 2008 4:8	0		
	This is excellent on burgers or anything you would use ketchup on. It is even good stirred into veggies.			
	Texan Tomato Relish			
	 tablespoon olive oil cup finely chopped vidalia of cup diced canned tomatoes tablespoons apple cider vineg tablespoons brown sugar sub pickled jalapeno, finely chopp salt 	ar stitute (Euse W I	L Gold)	
	Heat olive oil in a medium saut and cook until they soften and			
	Add tomatoes, sugar substitute then turn down the heat and si will be thick and have a jamlike	mmer for 25 to 3	35 minutes. The relish	
	Store in a jar with a lid in the	efrigerator.		
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).			
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	Click <u>here</u> to show the mos <u>t On (Condiments,</u> <u>ips)</u> Thread: Texan	st recent reply fir	rst. <u>Send Topic To a Friend</u>	
Author		Posting		
wired_foxterror	Posted - 11 November 2008 4:8	Q		
	This is excellent on burgers or is even good stirred into veggie		uld use ketchup on. It	
	Texan Tomato Relish			
	 tablespoon olive oil 1/2 cup finely chopped vidalia 1 cup diced canned tomatoes 2 tablespoons apple cider vineg 2 tablespoons brown sugar sub 1 pickled jalapeno, finely chopp salt 	gar stitute (Euse W I	L Gold)	
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	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).			
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	Click <u>here</u> to show the most recent reply first. <u>Pour It On (Condiments,</u> <u>and Dips)</u> Thread: zucchini <u>Send Topic To a Friend</u>
Author	Posting
scarlett60	Posted - 1 October 2008 7:9 👮 🖏
	Could someone please tell me how to make zucchini noodles? I bought a mandolin and would love to use it and make some "spaghetti" Thanks!
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).
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	Click <u>here</u> to show <u>our It On (Condiments,</u> and Dips) Thread: zucchini	the most recent reply fin	rst. Send Topic To a Friend
Author		Posting	
scarlett60	Posted - 1 October 2008 7:9	a	
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		the most recent reply fin (administrators & moderators c	
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Click here to show the most recent reply first. Forums | Pour It On (Condiments, Dressings and Dips) | Thread: Repost of Send Topic To a Friend Pizza Sauce Author marie172 Posted - 14 October 2006 19:52 9 Wow, I can't find my recipe for this on the boards. It must be buried deep! I thought I would repost it for anyone looking for an easy pizza sauce that can be used for both carbo or pro/fat, and a sauce for using on anything. I like it on chicken! Pizza Sauce (Level One - Veggie) 8oz can tomato sauce 7-1/2oz undrained tomatoes, cut up (I use pureed) 1/4c chopped onion 2 tsp dried basil, crushed 1 tsp dried oregano, crushed 1 tsp minced garlic dash pepper Place all ingredients in saucepan. Bring to boil; reduce heat. Cover and let simmer for 10 minutes, or until onion is tender. _____ This works great if you double, or even guadruple it for freezing the extra. I don't crush anything, but just dump it all in the sauce pan. I use pureed tomatoes because my kids don't like "chunks". Edited by - marie172 on 10/15/2006 7:06:40 AM Click here to show the most recent reply first. Click here to close thread (administrators & moderators only).

	Click <u>here</u> to show the most recent reply first. <u>Pour It On (Condiments,</u> <u>and Dips)</u> Thread: Repost of <u>Send Topic To a Friend</u> ice
Author	Posting
marie172	Posted - 14 October 2006 19:52 🖉 🖏
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	This works great if you double, or even quadruple it for freezing the extra.
	I don't crush anything, but just dump it all in the sauce pan. I use pureed tomatoes because my kids don't like "chunks".
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Forums P	Click <u>here</u> to show the most recent reply fi our It On (Condiments,	irst.
	and Dips) Thread: Another	Send Topic To a Friend
Author	Posting	
ChubChub	Posted - 22 August 2005 15:10 🤵 🍓	
	Ranch Dressing	
	1 c. sour cream 1/2 c. mayo 1-1/2 tsp. dried chives 1-1/2 tsp. dried parsley 3/4 tsp. dried dill weed 3/4 tsp. garlic powder 3/4 tsp. onion powder 1/4 + 1/8 tsp. salt 1/4 tsp. pepper	
	Just mix everything together.	
	* Be careful not to make the 3/4 tsp. of dill weed, h easy for this very strong ingredient to overpower the	
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	Click here to show the most recent reply fir	-ct

Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).

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Dressings Thousand DebB	Click <u>here</u> to show the most recent <u>Pour It On (Condiments,</u> <u>and Dips)</u> Thread: Kraft d Island Salad Dressing, from Desting	t reply first. <u>Send Topic To a Friend</u>
Author stilljoyful	Posted - 18 September 2003 9:23 🦉 🍓	
	 1/2 cup mayonnaise 2 tablespoons ketchup (I use Suzanne's or Estee sugar free brand) 1 tablespoon white vinegar 2 teaspoons sugar (use substitute) 2 teaspoons dill relish 1 teaspoon finely minced white onion (I use dried, it's easier) 1/8 teaspoon salt dash of pepper Combine all ingredients in a small bowl. Stir well. Place dressing in a covered container and refrigerate for several hours, stirring occasionally, so that the sugar dissolves and the flavors blend. Makes about 3/4 cup. Top Secret 	

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Dressings Thousand DebB	Click <u>here</u> to show the most recent <u>Pour It On (Condiments,</u> <u>and Dips)</u> Thread: Kraft d Island Salad Dressing, from Desting	t reply first. <u>Send Topic To a Friend</u>
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	Click <u>here</u> to show the most recent reply first. <u>Pour It On (Condiments.</u> gs and Dips) Thread: Boursin <u>Send Topic To a Friend</u>
Author	Posting
jdrose	Posted - 1 November 2005 8:48 🖉 🍓
	Here's a delicious recipe for Boursin Cheese I usually add more garlic. Enjoy Boursin Cheese
	 16 oz. Cream cheese (softened is easier) 8 oz. Butter or margarine (softened is easier) 2 cloves garlic minced 1 t oregano ¼ t each of: Thyme Basil Marjoram Dill Weed Black Pepper
	Cream together cream cheese and butter. Mix in the Seasonings and let sit for 4-5 hours before serving to Blend the flavors. Refrigerate
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uthor	ed Sugar Ketchup	osting
lacyci	Posted - 23 May 2008 12:12 🦉 🍓	
	Tomato concentrate made from red r powder spice, surcalose, natural flavo	ipe tomatoes, distilled vingar, salt, onion pring
		bre into the ketchup than the fries. Just this weekend) would it be ok to use this
	Have a great day! pam :)	
	started 3/4/08 167/152/140 goal by 7/1 http://www.suzanne24.com/glamorou pam2896@suzanne24.com	ıspjt
	Join SUZANNE for only \$10 & get FAE ASK ME HOW!!	BULOUS wholesale prices!!
	EXTENDED FOR MAY 25% off Gourme	et Food!!
	40% OFF BUY 5 GET ONE FREE PROT	TEIN SHAKES!!!!
	Click <u>here</u> to show the m Click <u>here</u> to close thread (admini	
	Show All Foru	ms Back

Author	r Posting
Ilacyci	Posted - 23 May 2008 12:12 🦉 🍓
	Tomato concentrate made from red ripe tomatoes, distilled vingar, salt, onior powder spice, surcalose, natural flavoring
	In moderation would this be ok use? In the past when I had french fries I would load the ketchup up! I was more into the ketchup than the fries. Just wondering as I said moderation (just this weekend) would it be ok to use this for a cheeseburger (no roll of course)
	Have a great day! pam :)
	started 3/4/08 167/152/140 goal by 7/1 http://www.suzanne24.com/glamorouspjt pam2896@suzanne24.com
	Join SUZANNE for only \$10 & get FABULOUS wholesale prices!! ASK ME HOW!!
	EXTENDED FOR MAY 25% off Gourmet Food!!
	40% OFF BUY 5 GET ONE FREE PROTEIN SHAKES!!!!
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Click here to show the most recent reply first. Forums Pour It On (Condiments, Dressings and Dips) Thread: table cream			
Author	Posting		
glassart Posted - 29 December 2005 8:44 🖉 🍓			
Has anyone made a cheese sauce using table cream? It is already reduce one would think it would be quicker? Smile,s Ruth Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).		is already reduced so	
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Author	Posting		
llacyci	Posted - 23 June 2008 20:7 🤵 🍓		
	Hi, If you purchased simmer sauces on HSN last week while Suzanne was on you might want to check your price. They are on sale now for \$7. Call HSN for your credit. I did.		
	I just wanted to let everyone know that there is a price change. Have a great night! pam :)		
	started 3/4/08 167/149/140 goal by 7/1 http://www.suzanne24.com/glamorouspjt pam2896@suzanne24.com		
	BECOME A SUZANNE PREFERRED CUSTOMER ASK ME HOW!!	R "FREE" & BUY AT WHOLESALE!!	
	TRY ANTI-AGING POLLEN BURST!		
	NO TIME TO EAT? HAVE A GREAT TASTING	PROTEIN SHAKE!	
	TAKE CARE OF THE MAN IN YOUR LIFE PR	ROJOBA PROSTAT FOR MEN	
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	Show All Forums Ba	<u>ack</u>	

Author	· Posting		
llacyci	Posted - 23 June 2008 20:7 🤵 🍓		
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	BECOME A SUZANNE PREFERRED CUSTOMER " ASK ME HOW!!	FREE" & BUY AT WHOLESALE!!	
	TRY ANTI-AGING POLLEN BURST!		
	NO TIME TO EAT? HAVE A GREAT TASTING PR	OTEIN SHAKE!	
	TAKE CARE OF THE MAN IN YOUR LIFE PRO.	JOBA PROSTAT FOR MEN	
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Dressings ar	<u>ur It On (Condiments,</u> <u>nd Dips)</u> Thread: 2 Hellman's	Send Topic To a Friend
Mayo recip Author	es Posting	
	Posted - 28 April 2007 5:54 🖉 🍓	
	HELLMAN'S MAYO http://www.budget101.com	
	 egg (room temperature) tsp dry mustard tsp salt tup vegetable oil a dash cayenne pepper cup vegetable oil TB vinegar 	
	Place first 5 ingredients in blender on low speed While machine is blending, SLOWLY pour in another Add the vinegar and remaining oil. Blend until firm	
	http://www.budget101.com/recipes/id254.htm	
	Hellman's Mayonnaise Recipe CDKitchen Submitted by: Genny Blake	
	Ready in: 30 minutes recipe difficulty 2/5 Difficulty: 2 (1=easiest :: harde Serves/Makes: 1.5 cups	est=5)
	 egg (at room temp) teaspoon dry mustard teaspoon salt 1/4 cup oil (any typecorn, vegetable, canola) dash cayenne pepper tablespoons lemon juice or vinegar (I like it with 	vinegar better)
	Directions: Place egg, mustard, salt, cayenne pepper and 1/4 o blend on low.	c. oil in blender and
	While the machine is blending, SLOWLY pour in and may have to stop and scrape down the mayo. Add juice/vinegar and the remaining 1/2 c. oil. Blend un Store in refrigerator, tightly covered.	the lemon
	This recipe for Hellman's Mayonnaise serves/makes	1.5 cups
	Recipe ID: 16883	

Please note: This is a copy cat recipe submitted to CDKitchen.

Somersizer since 1997....Hang in there... I know this DOES work

mamalaurie

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5	Click <u>here</u> to show the most recent reply fi	rst.
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Click here to show the most recent reply first. Forums Pour It On (Condiments, Dressings and Dips) Thread: Creamy Send Topic To a Friend Mushroom Sauce not quite right			
Author	Posting		
Julie2008	Posted - 21 May 2008 14:52 🖉 🍓		
Hi! I made the creamy mushroom sauce last week and it turned out way thin. Does anybody know where I could've gone wrong?			
	Julie2008 190/187/140 Since 5/08		
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	Click <u>here</u> to show the <u>Pour It On (Condiments,</u> <u>as and Dips)</u> Thread: Chipotle Sauce	most recent reply fi	rst. <u>Send Topic To a Friend</u>
Author		Posting	
Cosmo Curves	Posted - 17 May 2008 9:47 🤵 🍓		
	Grabbed this up from a website someone else had posted. Wanted to post here so I could find it in the future, and share with you to enjoy. This looks really tasty and easy. They used this as a sauce for salmon. I think it would also be great for chicken.		
	2 cups cream 1 cup cream cheese chipotles to taste		
	Blend until the chiles are well ground.		
	That's it! I'd probably add a little bit of sea salt and fresh cracked pepper. Maybe even a sprig of cilantro for garnish (and flavor of course)		
	Hope to make this someday soon. Will report back when I do so.		
	214/211/150 - 5/12/08		
	Click <u>here</u> to show the Click <u>here</u> to close thread (adr		
	Show All Fo	orums Back	

	Click <u>here</u> to show the <u>Pour It On (Condiments,</u> <u>is and Dips)</u> Thread: Chipotle Sauce	e most recent reply fi	rst. <u>Send Topic To a Friend</u>
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	Show All F	orums <u>Back</u>	

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	Click <u>here</u> to show the most recent <u>It On (Condiments,</u> <u>Dips)</u> Thread: Starlite's	reply first. Send Topic To a Friend
Author	Posting	
Erialicia	Posted - 28 November 2003 21:28 🖉 🍓	
	Could someone please post this for me? Thanks	
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	Click <u>here</u> to show the most recent <u>It On (Condiments,</u> <u>Dips)</u> Thread: Starlite's	reply first. Send Topic To a Friend
Author	Posting	
Erialicia	Posted - 28 November 2003 21:28 🖉 🍓	
	Could someone please post this for me? Thanks	
	Click <u>here</u> to show the most recent Click <u>here</u> to close thread (administrators & mo	

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Author	Posting	
IWedRich	Posted - 17 September 2006 14:16 🦉 🦉	
	I devloped this Thursday night to eat with DebB's Faux Fried Rice. And me just say YUMM-EE!!	let
	 TERIYAKI SRIRACHA MARINADE AND SAUCE 1 c. granular (pourable) Splenda 1 c. sugar free breakfast syrup 2/3 c. soy sauce 1 T. Sriracha Hot Chili Sauce (Asian section of market - can use less if like it less spicy) 2 t. sesame seeds (optional - they are not level 1) 4 t. red wine vinegar 1 T. minced garlic 	you
	Mix all together. Marinade meats and/or use as a sauce. This is delicion	us!
	Lovin' Jesus and Lovin' Life!	
	Edited by - IWedRich on 10/25/2006 3:06:19 PM	
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).	

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Author	Marinade and Sauce Posting
WedRich	Posted - 17 September 2006 14:16 🦉 🍓
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Click here to show the most recent reply first. Forums Pour It On (Condiments, Dressings and Dips) Thread: fat free Send Topic To a Friend dressings		st. <u>Send Topic To a Friend</u>		
	Author		Posting	
j	azzmegirl	Posted - 20 April 2008 14:41	0 0	a carb salad, like with
		Amie Click <u>here</u> to show Click <u>here</u> to close thread	 the most recent reply first d (administrators & moderators or All Forums Back 	

Click <u>here</u> to show the most recent reply first. <u>Forums Pour It On (Condiments.</u> <u>Dressings and Dips)</u> Thread: fat free <u>Send Topic To a Frien</u> dressings		st. Send Topic To a Friend	
Author		Posting	
jazzmegirl	Posted - 20 April 2008 14:41 Hi. Does anyone have a fa beans or WW pasta? Thank	t free vinagrette to go with	n a carb salad, like with
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	Click <u>here</u> to show the most recent reply findure our It On (Condiments, and Dips) Thread: Bleu essing	rst. <u>Send Topic To a Friend</u>
Author	Posting	
Dory3	Posted - 24 March 2004 20:20 👳 🍓	
	Does anyone have a bleu cheese receipe? Thanks, D	ory
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Author	Posting	
slowdon	Posted - 8 August 2004 18:6 🤵 🍓	
	Does anyone have a good S & S Sauce recipe that the liked. Thanks	ey have tried and really
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Dressing's a	Dur It On (Condiments, nd Dips) Send Topic To a Friend .PSweet and Sour Sauce	
Author	Posting	
hotmama3	Posted - 12 March 2008 11:35 🤵 🍓	
	Does anyone have a recipe for a sweet and sour sauce. I am making some Somersize Chicken Nuggets and would love to make a sweet and sour sauce. Thanks! Renee	
	Click here to show the most recent reply first. Click here to close thread (administrators & moderators only).	
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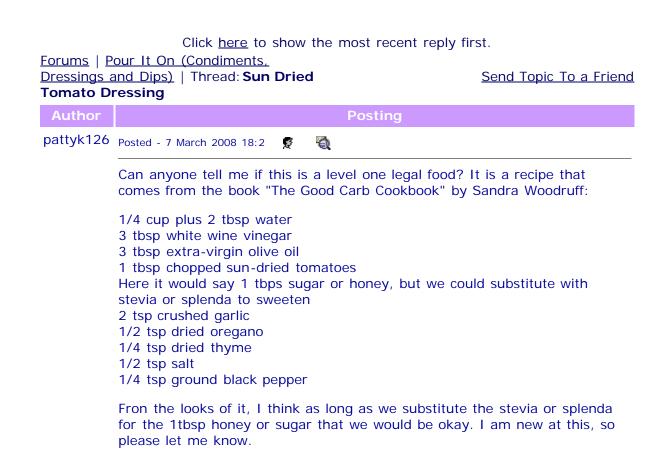
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Author	Posting	
TrishL	Posted - 11 March 2004 9:45 🖉 🍓	
	Does anyone have a recipe for sweet & sour sauce?	
	Thanks!	
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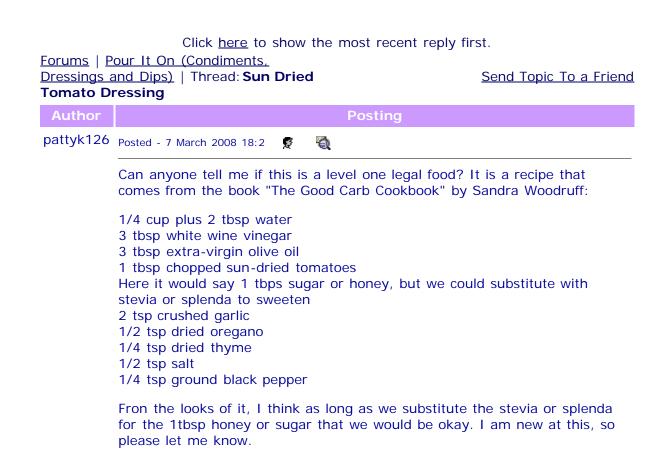
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Dressing	Click <u>here</u> to show the most recent reply first. <u>Pour It On (Condiments,</u> <u>s and Dips)</u> Thread: Chive , <u>Send Topic To a Friend</u> Yogurt Dip
Author	Posting
mamabj	Posted - 8 March 2007 9:7 🖉 🍓
	Chive, Cilantro and Yogurt Dip 1 cup plain yogurt* 2 tbsp chives, finely chopped 1 tbsp cilantro, finely chopped scant ½ tsp salt, to taste ¼ tsp garlic powder (or ½ minced garlic clove I had a veggie sandwich on ww pita with this for dressing. So good. It won't be hard to use this up at all.
	mamabj
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).
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Dressing	Click <u>here</u> to show the most recent reply first. <u>Pour It On (Condiments,</u> <u>s and Dips)</u> Thread: Chive , <u>Send Topic To a Friend</u> Yogurt Dip
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Dressin	Click <u>here</u> to show the condiments, <u>Bour It On (Condiments,</u> <u>Bour Dips)</u> Thread: Our Blue Cheese Dressing	the most recent reply fir	rst. <u>Send Topic To a Friend</u>
Author	-	Posting	
DebB	Posted - 16 February 2008 17:28 🖉	8	
	I received this through a low ca though, so I'll post my tweaks a		
	 3/4 cup sour cream 1/2 teaspoon dry mustard 1/2 teaspoon black pepper 1/2 teaspoon salt 1/2 teaspoon garlic powder 1 teaspoon Worcestershire Sauce 	e	
	3/4 cup mayo9 tablespoons cream1 teaspoon dried minced onion6 ounces crumbled Blue cheese		
	Combine first 6 ingredients in a for 2 minutes at low speed. Add medium speed. Sowly add blue combined, but with some small	d mayo and blend for at cheese and blend at lov	oout 2 more minutes at v until completely
	Deb's notes: The original recipe half and half). It was very thick onion, but I substitute the dried	. It also called for 1 tab	
	I buy Rosenborg brand blue che	ese at Walmart.	
	I'm not a big blue cheese dress recipe. I hope you enjoy! *Ü*	ing fan, but my husband	d is and he loves this
	Started Somersizing 2-01 Our favorite Tried & True SS rea http://recipecircus.com/recipes/		
	Edited by - DebB on 2/17/2008	7:35:39 AM	
		the most recent reply fir (administrators & moderators c	
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Author	_	Posting	
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	Edited by - DebB on 2/17/200	8 7:35:39 AM	
		the most recent reply find the most recent reply find the most recent reply find the moderators at the	
	Show A	All Forums Back	

<u>Dressings an</u>	<u>ur It On (Condiments,</u> <u>d Dips)</u> Thread: Cracked <u>Send Topic To a Frier</u> mesan Dressing	
Author	Posting	
	Posted - 12 February 2008 7:56 🦉 🍓	
	Cracked Pepper Parmesan Dressing Recipe #282168	
	From Cuisinart Cook Book. Good on pasta salad. I love anything with Worcestershire sauce in it. by Jamilah's Kitchen	
	I found this on www.recipezaar.com. This is Not mine. I've not had a chance to try it yet, But I know I will Love this one! Let me know what you think of it.	
	Level 1 pro/fat 4-6 servings time to make 10 min 10 min prep	
	The Somersize adjustment: Original recipe called for light mayonnaise, changed to Full-fat mayo	
	 2 teaspoons whole black peppercorns 1 ounce Parmigiano-Reggiano cheese, cut into 1/2-inch cubes 1 shallot, about 1 ounce peeled cut in 1/2-inch pieces 1 garlic clove, peeled and smashed 1/2 teaspoon sea salt 1 tablespoon Dijon mustard 1/4 teaspoon Worcestershire sauce 2 tablespoons regular Full-fat mayonnaise 1/4 cup wine vinegar 1/2 cup extra virgin olive oil 	
	1. Place the whole peppercorns in blender jar.	
	2. Blend for 10 seconds.Some peppercorns will be pulverized,some will be cracked and crushed.	
	3. Remove and reserve.	
	4. Place the Parmesan cubes in blender jar.	
	5. Blend for 20 seconds and scrape sides of jar.	
	6. Add shallot,garlic and salt.	
	7. Blend for 10 seconds and scrape sides again.	
	8. Add remaining ingredients in order listed.	
	9. Blend for 10 seconds.	
	10. Add black peppercorns. Blend for 5 seconds.	

11. Transfer dressing to a resealable container and refrigerate for 30 minutes or longer to allow flavors to develop.

12. Keeps for one week in refrigerator.

Somersizer since June 1997... Hang in there..I KNOW this really DOES work ! mamalaurie

Edited by - mamalaurie on 2/18/2008 12:55:38 AM

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	Click <u>here</u> to show the most recent reply fir Pour It On (Condiments, and Dips) Thread: Red Pepper	st. Send Topic To a Friend
Author	Posting	
Eescapes	Posted - 10 February 2008 13:26 🤵 🍓	
	Red Pepper Pesto (omit pine nuts for level 1)	
	medium sized sweet red peppers 4 large cloves garlic, peeled and halved 34 cup freshly grated Parmesan cheese 14 cup pine nuts 14 tsp salt 1/8 tsp pepper 1/3 cup olive oil	

Cut sweet red peppers in half lengthwise; remove and discard seeds and membrane. Place peppers, skin side up, on an ungreased baking sheet; flatten with palm of hand. Broil 4 inches from heat 10 – 15 minutes or until charred. Place in ice water; peel and discard skins. Cut roasted peppers into 1 inch pieces. Process pepper pieces and garlic in a blender or food processor until finely chopped. Add Parmesan cheese, pine nuts, salt and pepper; process until almost smooth. Slowly pour oil through food chute with processor running; process just until mixture is smooth.

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Dressings	Click <u>here</u> to show the most recent reply first. <u>Forums Pour It On (Condiments,</u> <u>Dressings and Dips)</u> Thread: Roasted <u>Send Topic To a Friend</u> Garlic Spread				
Author	Posting				
Eescapes	Posted - 10 February 2008 13:24 🤵 🍓				
	Roasted Garlic Spread				
	 large head garlic, unpeeled tbsp olive oil (8oz) pkg cream cheese, softened cup butter, softened tsp salt tbsp minced fresh chives 				

Gently peel outer skin from garlic, leaving the head intact. Place garlic in a small baking pan; drizzle with olive oil. Cover with aluminum foil and bake at 350 degrees for 25 minutes. Remove cover, and bake an additional 8 to 10 minutes or until garlic is soft. Remove from oven, and let cool completely. Remove and discard papery skin from garlic. Scoop out soft garlic with a small spoon; set garlic aside. Beat cream cheese and butter at high speed until light and fluffy. Add reserved garlic and salt; beat until blended. Stir in chives. Store spread in the refrigerator.

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Dressings	Click <u>here</u> to show the most recent reply first. <u>Forums Pour It On (Condiments,</u> <u>Dressings and Dips)</u> Thread: Roasted <u>Send Topic To a Friend</u> Garlic Spread				
Author	Posting				
Eescapes	Posted - 10 February 2008 13:24 🤵 🍓				
	Roasted Garlic Spread				
	 large head garlic, unpeeled tbsp olive oil (8oz) pkg cream cheese, softened cup butter, softened tsp salt tbsp minced fresh chives 				

Gently peel outer skin from garlic, leaving the head intact. Place garlic in a small baking pan; drizzle with olive oil. Cover with aluminum foil and bake at 350 degrees for 25 minutes. Remove cover, and bake an additional 8 to 10 minutes or until garlic is soft. Remove from oven, and let cool completely. Remove and discard papery skin from garlic. Scoop out soft garlic with a small spoon; set garlic aside. Beat cream cheese and butter at high speed until light and fluffy. Add reserved garlic and salt; beat until blended. Stir in chives. Store spread in the refrigerator.

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Dressings	Click <u>here</u> to show the most recent reply fir <u>Pour It On (Condiments,</u> <u>and Dips)</u> Thread: Roasted /inaigrette	st. <u>Send Topic To a Friend</u>
Author	Posting	
Eescapes	Posted - 10 February 2008 13:33 🦉 🍓	
	Roasted Tomato Vinaigrette	
	 5 plum tomatoes, cored and chopped 2 shallots, chopped 1/3 cup olive oil 2 tsp salt 1 tsp black pepper 2 tsp chopped fresh chives ½ cup champagne vinegar or white wine vinegar 	
	Toss tomatoes, shallots, and olive oil in a baking pan.	Arrange the tomatoes

Toss tomatoes, shallots, and olive oil in a baking pan. Arrange the tomatoes in 1 layer and roast 30 to 40 minutes at 400 degrees until the tomatoes are slightly brown and the skins begin to shrivel. Remove from the oven reserving the oil in the roasting pan, and cool slightly.

Place salt, pepper, chives, vinegar, tomatoes, shallots, and the oil from the roasting pan in a bowl and whisk until blended and all the oil is incorporated.

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Toss tomatoes, shallots, and olive oil in a baking pan. Arrange the tomatoes in 1 layer and roast 30 to 40 minutes at 400 degrees until the tomatoes are slightly brown and the skins begin to shrivel. Remove from the oven reserving the oil in the roasting pan, and cool slightly.

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	Click <u>here</u> to show the most recent reply first. <u>Pour It On (Condiments,</u> <u>and Dips)</u> Thread: Red Pepper <u>Send Topic To a Friend</u> ise
Author	Posting
Eescapes	Posted - 10 February 2008 13:19 🖉 🍓
	Red Pepper Hollandaise
	1 large red pepper 3 egg yolks 2 Tbsp lemon juice ½ tsp salt pinch of white pepper pinch cayenne pepper ½ cup butter
	Roast and peel the pepper by placing in on a roasting pan and broiling approximately 6 inches from the heat until blackened on all sides. Close the pepper tightly in a heavy paper bag. Let rest for 10 minutes. Remove it from the bag, drain and peel. Core and scrape out the seeds. With a paper towel, blot out all the liquid from the pepper. Place in a food processor or blender and puree. Remove and set aside. In the food processor/blender combine the

and puree. Remove and set aside. In the food processor/blender combine the egg yolks, lemon juice, salt, pepper and cayenne. Blend for 10 seconds. Heat the butter in a small saucepan until sizzling hot but not browned. This is important to enable the sauce to thicken properly. Slowly pour the hot butter in a thin stream into the food processor/blender while the motor is running. Add the red pepper puree and taste for seasoning.

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Forums	Click <u>here</u> to show the most recent reply fir Pour It On (Condiments,	
	and Dips) Thread: BLT Spread	Send Topic To a Friend
Author	Posting	
Eescapes	Posted - 10 February 2008 13:9 🦉 🍓	
	BLT Spread	
	 1 lb of bacon, cooked, crumbled 1 cup mayonnaise 1 cup sour cream 1/2 tsp dried chives 1/2 tsp dried parsley 1/2 tsp dried dill weed 1/4 tsp garlic powder 1/4 tsp onion powder 1/8 tsp sea salt (I used regular salt) 1/8 tsp black pepper shredded cheddar to taste shredded lettuce to taste sliced black olives, to taste 	

Mix half of the bacon with the mayonnaise, sour cream and spices. Top with the rest of the bacon, cheese, lettuce, tomatoes and olives.

This spread is great to stuff into a tomato and really good on DebB's parmesan buns.

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<u>Dressings</u>	and Dips) Thread: BLT Spread	
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	Pour It On (Condiments, and Dips) Thread: Tomato Spread	Send Topic To a Friend
Author	Po	sting
Eescapes	Posted - 10 February 2008 12:56 🙎	
	Tomato Cheddar Spread	
	 (10 oz) can diced tomatoes and gree cup mayonaise tsp worcestershire sauce tsp salt (8oz) blocks sharp cheddar cheese, (4oz) jar chopped pimientos, draine 	shredded (not pre shredded)
	Stir together the first 4 ingredients in pimientos.	a large bowl. Stir in cheese and
	Stuff into celery sticks or DebB's prof lettuce wedge!	at buns. I think it's really good on a
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	Pour It On (Condiments, s and Dips) Thread: Tomato Spread	Friend
Author	Posting	
Eescapes	S Posted - 10 February 2008 12:56 🦉 🍓	
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	Stuff into celery sticks or DebB's profat buns. I think it's really good or lettuce wedge!	na
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Author	Posti	ng
namabj	Posted - 8 July 2007 11:7 🤵 🍓	
	Here is an easy Blue Cheese Dressing, St	S'd.
	Blue Cheese Dressing:	
	1 cup mayonnaise	
	1 cup crumbled blue cheese (about 4 our 1/2 cup buttercream *(see below)	nces)
	1 shallot, peeled	
	1 tablespoon freshly grated lemon zest	
	1/2 teaspoon Worcestershire sauce1/2 teaspoon kosher salt	
	1/4 teaspoon celery seeds	
	2 tablespoons minced fresh flat-leaf pars	ley
	Freshly ground black pepper	
	Pulse the mayonnaise, blue cheese, butte Worcestershire sauce, salt, and celery sec chunky but pourable sauce. Stir in the pa pepper. Use immediately or refrigerate in 3 days. Yield: 2 cups	eds in a food processor to make a arsley and season with plenty of
	*To make buttercream instead of milk, u lemon juice.	se heavy whipping cream and add 1t
	Enjoy mamabj	
	Click <u>here</u> to show the most r Click <u>here</u> to close thread (administrato	1.5
	Show All Forums	Back

uthor	Dressing Posting	
	Posted - 8 July 2007 11:7 🤵 🍓	
	Here is an easy Blue Cheese Dressing, SS'd.	
	Blue Cheese Dressing: 1 cup mayonnaise 1 cup crumbled blue cheese (about 4 ounces) 1/2 cup buttercream *(see below)	
	 1 shallot, peeled 1 shallot, peeled 1 tablespoon freshly grated lemon zest 1/2 teaspoon Worcestershire sauce 1/2 teaspoon kosher salt 1/4 teaspoon celery seeds 2 tablespoons minced fresh flat-leaf parsley Freshly ground black pepper 	
	Pulse the mayonnaise, blue cheese, buttercream, sh Worcestershire sauce, salt, and celery seeds in a fo chunky but pourable sauce. Stir in the parsley and pepper. Use immediately or refrigerate in a tightly s 3 days. Yield: 2 cups	od processor to make a season with plenty of
	*To make buttercream instead of milk, use heavy v lemon juice.	vhipping cream and add 1t
	Enjoy mamabj	
	Click <u>here</u> to show the most recent reply Click <u>here</u> to close thread (administrators & moderate	
	Show All Forums Back	

layonna	aise
Author	Posting
namabj	Posted - 9 July 2007 6:10 👳 🍓
	With all the health benefits of coconut oil, especially to those of us w/hypothyroidism, here is a better mayonnaise. I get my coconut oil from http://*www.tropicaltraditions.*om/virgin_coconut_oil.htm (remove *)
	 whole egg egg yolks tablespoon Dijon mustard tablespoon fresh lemon juice teaspoon Sea Salt teaspoon white pepper cup Virgin Coconut Oil (melted if solid) cup extra virgin olive oil
	 Put the eggs, Dijon mustard, lemon juice, salt, and pepper into a food processor or blender: Then with the processor or blender running on low speed, start adding your oils very slowly. Start out with drops and then work up to about a 1/16-inch stream. It should take about two minutes to add th oil. Continue blending until there is no free standing oil.
	Makes about 1 1/2 cups
	I highly recommend Kevin Trudeau's "Natural Cures" book and his second book of the same title. We need this information.
	Enjoy
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	Pour It On (Condiments, s and Dips) Thread: Coconut Send Topic To a Friend aise
Author	Posting
mamabj	Posted - 9 July 2007 6:10 👮 🍓
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	1 whole egg 2 egg yolks 1 tablespoon Dijon mustard 1 tablespoon fresh lemon juice 1/2 teaspoon Sea Salt 1/4 teaspoon white pepper 1/2 cup Virgin Coconut Oil (melted if solid) 1/2 cup extra virgin olive oil
	 Put the eggs, Dijon mustard, lemon juice, salt, and pepper into a food processor or blender: Then with the processor or blender running on low speed, start adding your oils very slowly. Start out with drops and then work up to about a 1/16-inch stream. It should take about two minutes to add the oil. Continue blending until there is no free standing oil.
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I	Click <u>here</u> to show the most recent reply first. <u>Forums Pour It On (Condiments,</u> <u>Dressings and Dips)</u> Thread: Blue <u>Send Topic To a Frience</u> Cheese Dressing ???		
	Author	Po	sting
	musicalchers	Posted - 29 January 2008 18:23 🤵 🍓	
		I here Suzanne talking about her Bl find it though. Does anyone have a	0
		Started SS January 18, 2008 159/152/135	
		Click <u>here</u> to show the most Click <u>here</u> to close thread (administrat	1.5
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	Author	Posting	
	musicalchers	Posted - 29 January 2008 18:23 👳 🍓	
		I here Suzanne talking about her Blue Cheese Dressing recipe. I can't find it though. Does anyone have a good level 1 recipe?	
		Started SS January 18, 2008 159/152/135	
		Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).	
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Autho	Posting
Cathy	Posted - 8 June 2005 11:30 🦉 🍓
	By request, I'm posting this recipe. It makes a great toast, english muffin or bagel topper for a carb breakfast.
	 2 t. ground cumin 1 (15 ounce) can garbanzo beans, drained, liquid reserved 2 T. fresh lemon juice 1 clove garlic, peeled (I use more) 3/4 t. salt Pepper to taste
	 Stir cumin in a small dry skillet over medium-low heat until fragrant, about 30 seconds. Combine beans, 4 T. reserved bean liquid, lemon juice, garlic, cumin, salt and pepper in processor. Puree until smooth, adding more bean liquid by tablespoonfuls for desired consistency, You basically want a paste-type consistency. Add addt'l salt and pepper if necessary (I don't usually need more).
	Enjoy!
	Cathy Somersizer since 1994. Now Maintaining. 121-126
	**One of my higher goals in life is to be the kind of person my dog thinks I am.
	Edited by - Cathy on 6/12/2005 12:48:04 PM
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Dressing	Click <u>here</u> to show the most recent reply first. <u>Pour It On (Condiments,</u> <u>gs and Dips)</u> Thread: Easy <u>Send Topic To a Friend</u> us-Like Dip
Author	-
Laela	Posted - 10 January 2005 18:38 🦉 🍓
	This is a hummus-like dip from Rachael Ray on foodnetwork.com. It's great! If you take out the olive oil, you can have it with legal pita chips or crackers, but I think the olive oil is vital. I eat it with grape tomatoes & celery.
	THIS RECIPE IS LEVEL TWO WITH THE OLIVE OIL. IT IS LEVEL ONE CARBS WITHOUT THE OIL.
	 2 (15-ounce) cans chick peas (garbanzo beans) drained 1 small jar, 6 ounces, roasted red peppers, drained well and coarsely chopped 1/2 lemon, juiced 2 cloves garlic, cracked away from peel 4 stems fresh rosemary, leaves stripped from stems Coarse salt and freshly ground black pepper 2 tablespoons extra-virgin olive oil, eyeball it as you drizzle it into recipe
	Combine chick peas, roasted red pepper, lemon juice, garlic, rosemary, salt and pepper in a food processor. Turn the processor on and stream in 2 tablespoons extra-virgin olive oil.
	**I'm not a big fan of rr peppers, but it's not overpowering in this dip and gives it a really pretty orange color.
	Edited by - ForumModerator on 5/3/2005 6:22:32 PM
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	gs and Dips) Thread: Easy Send Topic To a Friend Js-Like Dip
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	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).
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Dressings	Click <u>here</u> to show the most recent reply first. <u>Pour It On (Condiments,</u> <u>and Dips)</u> Thread: delicious <u>Send Topic To a Friend</u> ceasar dressing!
Author	Posting
kutegirlly	Posted - 24 January 2008 20:47 🖉 🍓
	i used to make this all the time and i was so happy that i was able to ss it so easily!
	in blender, mix
	 1 c. oil 2 eggs 1/4 c. vinegar 2 spritzes mustard 2 spritzes soy sauce 1 tbs splenda (or equivelant sweetener of your choice) 1 tsp garlic powder 1/2 tsp salt and pepper, each
	i usually have this on a bed of romaine with grilled chicken and veggies (usually hearts of palm and tomato, but you can do whatever you want.
	there are raw eggs in this so remember to refrigerate it! it usually lasts up to a week.
	enjoy!
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	Click <u>here</u> to show the mos our It On (Condiments, and Dips) Thread: Peanut	st recent reply first. <u>Send Topic To a Friend</u>
Author	Po	sting
IWedRich	Posted - 14 September 2006 10:15 🤵 🧃	
	I don't see a recipe - so this weekend DaVinci SF PB Syrup by then!) I will PB Spread of some sort. I'm thinking ricotta (milder than cr.cheese) XX	play to see if I can come up with a SS mixed w/ cream cheese, or maybe

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Lovin' Jesus and Lovin' Life!

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	Click <u>here</u> to show the most recent reply first. <u>Pour It On (Condiments.</u> <u>s and Dips)</u> Thread: Bearnaise <u>Send Topic To a Friend</u>
Author	Posting
oiseaux	Posted - 23 January 2008 9:2 🤵 🍓
	I found this sauce recipe in a old recipe book I have it say it's good with steak, green veggies, poached eggs and fish. I have not try it yet but will sometime this week.
	Ingredients
	 4 egg yolks 2 teaspoon white vinegar 1 teaspoon tarragon 1 teaspoon dried onion flakes 1/2 teaspoon chervil white pepper 1/2 cup of butter 1 teaspoon fresh parsley.
	Method: - Put the eggs yolks, vinegar, onions and spices in a mixer.
	- Turn the mixer on to high speed and add the butter gradually through the opening in the cover; mix until the sauce thickens.
	-Add the parsley. Serve hot.
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Dressings	Click <u>here</u> to show the most recent reply first. <u>Pour It On (Condiments,</u> <u>s and Dips)</u> Thread: question <u>Send Topic To a Friend</u> <u>hchilada sauce</u>
Author	Posting
myboys	Posted - 23 January 2008 11:33 🦉 🚳
	hi, i have a question, i have a recipe from these boards for a chicken burrito and it says to use a grenn enchilada sauce. i looked all over my supermarket and could not find anything with this name - only salsa verde. is this the same or is

there something you could use instead like salsa? thanks!!

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Forums Pour It Dressings and Dig about enchilada	os) Thread: question	nost recent reply first. Send Topic To a Friend
Author	Р	osting
myboys Posted - 2	3 January 2008 11:33 🤵 🏾 🏹	
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	Click <u>here</u> to show the most r t On (Condiments, Dips) Thread: hollandaise	ecent reply first. Send Topic To a Friend
Author	Po	sting
mizztucker	Posted - 16 October 2003 11:2 👮 🏹	
	Does anyone have a SS hollandais	se sauce recipe?
	many thanks	
	Click <u>here</u> to show the most r Click <u>here</u> to close thread (administrator	
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http://legacy.suzannesomers.com/...le=hollandaise+sauce&forum_title=Pour+It+On+%28Condiments%2C+Dressings+and+Dips%29&M=False[9/8/14, 8:37:36 AM]

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	Click <u>here</u> to show the n <u>t On (Condiments,</u> <u>Dips)</u> Thread: hollandaise	nost recent reply fi	rst. <u>Send Topic To a Friend</u>
Author		Posting	
mizztucker	Posted - 16 October 2003 11:2	Ø	
	Does anyone have a SS hollandaise sauce recipe?		
	many thanks		
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).		
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 $http://legacy.suzannesomers.com/...daise+sauce \& forum_title=Pour+It+On+\% 28 Condiments\% 2C+Dressings+and+Dips\% 29 \& M=False \& S=True [9/8/14, 8:38:21 \ AM]$

Author	Posting		
bunnicula	Posted - 20 January 2008 14:28 🦉 🍓		
	Hi all I am debating ordering some s/f syrupsand if I am going to pay so much for them (plus S&H), I thought I would ask for some suggestions first.		
	I was thinking ordering these: peanut butter (I like it on baked chicken wings); orange (I use it in chicken dishes); brown sugar cinnamon (this one I had never heard of but sounds so good); gingerbread; and irish cream (for whipped cream desserts).		
	Has anyone tried these, or other flavors? Any suggestions? I am sort of interested in the lemon and the lime, but not sure if I would use them maybe in chicken dishes? And I thought about some peach for ice cream but am not sure if it works well does it make the ice ceam runny?		
	Any favorite recipes/uses for these syrups?		
	hanks :)		
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).		
	Show All Forums Back		

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	hanks :)			
			e most recent reply Iministrators & moderato	
	C 	Show All F	orums Back	

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Click here to show the most recent reply first. Forums | Pour It On (Condiments, Dressings and Dips) | Thread: SECRET Send Topic To a Friend SAUCE...YUM! Author Posting ChubChub Posted - 30 May 2005 19:52 9 Below is an awesome recipe for Secret Sauce...it's loaded w/ flavor...I absolutely love it on my cheeseburgers, and it tastes even better the next day...I used karma's great 1000 Island recipe as a starting point, then added some of the ingredients listed in Suzanne's purchased sauce...I experimented w/ amounts, and came up w/ this: SECRET SAUCE 3/4 c. mayonnaise 1 Tbsp. tomato paste 2 Tbsp. dill relish 1 tsp. worcestershire 1 tsp. vinegar 1 packet Splenda 1 tsp. minced onion 1/2 tsp. salt 1/2 tsp. mustard (French's classic yellow) 1/2 tsp. celery seed 1/2 tsp. garlic powder 1/4 tsp. black pepper 1/4 tsp. lemon juice (I squeezed a lemon for this) Mix mayo & tomato paste together first, then add in all the rest.

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Forume	Click <u>here</u> to show the most	recent reply first.
	<u>Pour It On (Condiments,</u> <u>s and Dips)</u> Thread: BBQ Sauce	Send Topic To a Friend
Author	Post	ing
Topped at 300	Posted - 27 June 2006 17:19 🔮 🍓	
	I was looking at www.splenda.ca and ca sauce, and as far as I can tell it is legal me know. I wanted to share it with you	level 1. If that is not right please let
	BBQ Sauce	
	 Makes 4 Cups (32 oz) (or 42-3/4 oz. s Preparation Time: 45 minutes One serving is ³/₄ oz Best if refrigerated overnight before us 	
	 1 Tbsp. Canola or Extra Virgin Olive O 1 cup Onion, minced 2 Garlic Cloves, minced 2 Beef Bouillon Cubes 1/2 cup Hot Water 3 (6oz.) cans Tomato Paste, divided 1 cup SPLENDA* Granular 3/4 cup Worcestershire Sauce 3/4 cup Dijon Mustard 3 Tbsp. Liquid Smoke, hickory flavoure 1 tsp. Salt 1/2 cup Cider Vinegar 1 Tbsp. Tabasco (+ 1 tsp. for spicier set 	ed
	 Place oil in a large saucepan. Add oni heat until translucent (approx 2-3 min.) Mix the bouillon and water until partia and all remaining ingredients to the sauce 3. Simmer, uncovered, 25-30 min. to all Refrigerate overnight in a non-metallic co day before using. Keeps well, refrigerate 	ally dissolved. Add bouillon mixture cepan. Stir well using a wire whisk. ow flavours to meld. Stir frequently. ontainer. Sauce is best if prepared a
	 Calories: 15 Calories from fat: 0 Total Fat Saturated Fat: 0 Dietary Fiber: 0 g 	

- Cholesterol: 0 mg
 Sodium: 125 mg
- Sodium: 135 mg
- Total Carbohydrate: 3 g
- Dietary Fiber: 0 g

- Sugars: 0 g
- Protein: 0 g

Exchanges Per Serving Free This recipe, when compared to a traditional BBQ sauce, represents a 65% reduction in calories, a 90% reduction in fat, a 70% reduction in total carbohydrates and a 100% reduction in sugars!!

Sharon

Goal Weight: 150 lbs Through God all things are possible!

> Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).

	Click <u>here</u> to show the Pour It On (Condiments, s and Dips) Thread: BBQ Sauce	most recent reply first. Send Topic To a Friend
Author	1 2 1	Posting
Topped at 300	Posted - 27 June 2006 17:19 🤵 🍓	
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	Click <u>here</u> to show the most recer <u>Pour It On (Condiments,</u> <u>s and Dips)</u> Thread: Teriyaki	it reply first. <u>Send Topic To a Friend</u>
Author	Posting	
starlite	Posted - 27 July 2005 6:18 🦉 🍓	
	INGREDIENTS:	
	1 cup soy sauce 3/4 C sake 1/4c splenda 2tbsp splenda	
	PREPARATION:	
	Pour all ingredients in a pan. Stir the mixture well. Put the pan on low heat and simmer for a couple of minutes. Remove from the heat and cool the mixture. Store the sauce in a clean bottle in the fridge. Adjust the amount of sugar, depending on your preference.	
	If you want your life to BE different you can't just WISH you have to DO!	
	Can you believe it?! I lost 105 lbs and kept it personal opinions.	off! All my posts are just my
	Starlite: Started 2/14/2000	
	Click <u>here</u> to show the most recer Click <u>here</u> to close thread (administrators & r	
	Show All Forums Bac	<u>k</u>

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Click here to show the most recent reply first.Forums Pour It On (Condiments, Dressings and Dips) Thread: TeriyakiSend Topic To a FriendMarinade		
Author	Posting	
SSchick36	Posted - 16 October 2003 17:33 🤵 🍓	
Does anyone have a legal teriyaki marinade recipe? Thanks!		cipe? Thanks!

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Click <u>here</u> to show the most recent reply first. Forums Pour It On (Condiments, Dressings and Dips) Thread: Teriyaki Send Topic To a Friend Marinade		
Author	Posting	
SSchick36	Posted - 16 October 2003 17:33 👮 🔩	
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Click <u>here</u> to show the most recent reply first. <u>Forums</u> <u>Pour It On (Condiments,</u> <u>Dressings and Dips)</u> Thread: recipe <u>Send Topic To a Friend</u> request for teriyaki sauce			
Author	Pos	ting	
im2busy2relax	Posted - 7 March 2004 14:46 🖉 🍓		
	Hi all! I am new to SSing and was w	vondering if anyone could let me	

Hi all! I am new to SSing and was wondering if anyone could let me know of a good recipe for teriyaki sauce? I absolutely love teriyaki chicken and would be so happy if I could still eat it! :>)

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Dressings	Click <u>here</u> to show the most recent reply first. Pour It On (Condiments, and Dips) Thread: Another Send Topic To a Friend Sauce Recipe
Author	Posting
marie172	Posted - 15 March 2007 2:38 🤵 🍓
	Froz, I am really sorry! I guess I posted this under someone else's thread. Now it has a home of its own. :)
	Here is a homemade teriyaki sauce recipe I find very easy and very delicious:
	Teriyaki Sauce
	1/3c soy sauce1/4c honey or brown sugar (use substitute!)1 tsp ginger, minced (real ginger, not powder)1 tsp grated onion1 clove garlic, minced
	Combine all ingredients. Cook two minutes. Set aside for use. Usually needs to be doubled if using for a barbecue marinade.
	***I marinate the meat, then use the excess to brush on while grilling.
	(Some have used sf honey, which is maltitol, some have even tried Joseph's syrup, which is also maltitol. I think the WL gold would be nice too, although I haven't tried it that way yet.)
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).
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	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).
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Dressing	Click <u>here</u> to show the <u>Pour It On (Condiments,</u> <u>is and Dips)</u> Thread: Salad g question	e most recent reply first. <u>Send Topic To a Friend</u>
Author		Posting
Inexile	Posted - 14 August 2007 5:17 🖉 🚳	
	I am looking for a recipe for a sala juice, and garlic. Anybody have or	ad dressing that is made with tomato or V8 ne that you like?

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Dressing	Click <u>here</u> to show the <u>Pour It On (Condiments,</u> <u>is and Dips)</u> Thread: Salad g question	e most recent reply first. <u>Send Topic To a Friend</u>
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Click <u>here</u> to show the most recent reply first. <u>Forums Pour It On (Condiments,</u> <u>Dressings and Dips)</u> Thread: Vinagrette Dressing		
Author	Posting	
mrsjackspratt	Posted - 12 October 2003 18:14 🖉 🔩	
	Ingredients: 1/2 t dry mustard 1/8 tsp somersweet 1/4 t curry powder 1/2 t paprika 2 t olive oil 2 t balsamic vinegar mix and serve	
	k <u>here</u> to show the most recent reply findered by the most recent reply findered (administrators & moderators of the moderators of the show the sh	

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mrsjackspratt	Posted - 12 October 2003 18:14 🦉 🍓		
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	k <u>here</u> to show the most recent reply mere to close thread (administrators & moderators		

) Thread: Metta's old family recipe)	Send Topic To a Friend	
Author		Posting	
SinginSOMERSong	Posted - 27 September 2006 23:11	§ 🖏	
	My great grandmother actual but I always thought it was r Gr Grandmother Metta her du	Ily started this recipe with our family, my grandmother, Mary's. So giving lues	
	1 egg		
	1 cup veg oil juice of 1 lemon microwave 2	20 secs before squeezing)	
	1 button garlic (minced)		
	2 tsp prepared mustard (more of less to taste) 1/4 tsp horseradish (or to taste)		
	1/2 tsp worchestershire sauce		
	1/2 tsp freshly ground black pepper 1/2 tsp paprika		
	1 packet Splenda		
	1 dash red pepper sauce OR 1/8 tsp ground red peppe	or	
	1/2 tsp salt (or to taste)		
	mixer beats egg on med spe	dding a steady stream of oil in as the eed. Add remaining ingreds with mixer ow color when completed. Chill.	
		salads, fish,well, you'll see what I	
	mean!:0) I can't stay out of it!and ~~~Singin'	with SSIng I don't have too!	
	Edited by - SinginSOMERSon	ng on 11/2/2007 8:53:56 PM	
	Click <u>here</u> to show the mos Click <u>here</u> to close thread (administra	1.5	
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- .	old family recipe)		
Author		Posti	ng
SinginSOMERSong	Posted - 27 September 2006 23:11	9	ð.
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	1 dash red pepper sauce		
	OR 1/8 tsp ground red pepp 1/2 tsp salt (or to taste)	ber	
		eed. Add	steady stream of oil in as the d remaining ingreds with mixer r when completed. Chill.
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	mean!:0) I can't stay out of it!and with SSIng I don't have too!		
	~~~Singin'		J.
	Edited by - SinginSOMERSo	ng on 1°	1/2/2007 8:53:56 PM
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	<u>Dips)</u>   Thread: <b>cheese</b>	Send Topic To a Friend		
Author	Posting			
GuineapigGirl	neapigGirl Posted - 4 March 2007 5:4 🤵 🍓			
I did a search for this and came up empty. Is there a legal cheese sauce we can make to pour over steamed veggies? The one I normally use has flour in it and milk I know I cou use cream but what to help thicken it up? more cheese?				
whoooo what a way to go!!! 180/172/140				
	Click <u>here</u> to show the most recent reply Click <u>here</u> to close thread (administrators & moderator			
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Click <u>here</u> to show the most recent reply first. Forums   Pour It On (Condiments,				
	<u>Dips)</u>   Thread: <b>cheese</b>	Send Topic To a Friend		
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	Show All Forums   Back			

	Click <u>here</u> to show the most recent reply first.  Pour It On (Condiments, and Dips)   Thread: classic Send Topic To a Friend essing			
Author	Posting			
snookies	Posted - 9 July 2007 6:41 👷 🍓			
	I've been making Suzanne's Pork Medallions ever since I got her EGLW book years ago & my family fell in love w/the salad dressing used in that recipe. Guests rave about it also ~ it's so simple. I've noticed it's the basis for most of the vinaigrettes on the food channel. Anyway, tho't I'd share it.			
	Basic vinaigrette: juice of 2 lemons ½ cup olive oil 1 tsp salt			
	I whip that up in my mini-processor w/several cloves of garlic. Just toss it w/romaine and feta. Want to Caesar it up, just add some anchovy paste and W. sauce.			
	Click here to show the most recent reply first. Click here to close thread (administrators & moderators only).			
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Dressings and Tzaziki	<u>Dips</u>   Thread: Monique's <u>Send Topic To a Fi</u>	<u>riend</u>	
Author	Posting		
monique1964	Posted - 5 July 2007 12:23 👮 🍓		
you dip in it some veggies (tomatoes, cucumber etc.) Or can be use as a dip for Greek Chicken Breast on BBQ or if y doing some fajitas (instead of just sour cream)delicious!			
	Tzaziki: 1 container of sour cream 2 Tbs of vegetable oil 1 Tbs of white vinegar ½ tsp of salt 2 garlic cloves (minced) 1 Tbs of real lemon juice ½ tsp of dried mint		
	I add 1 cup of minced cucumber for the dip but not as a sauce with meat.		
	Click here to show the most recent reply first. Click here to close thread (administrators & moderators only).		

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Click <u>here</u> to show the most recent reply first. Forums   Pour It On (Condiments,			
	•	opic To a Friend	
Author	Posting		
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	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).		

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Forums   Pour It On (Cond Dressings and Dips)   Thre Greek Salad Dressing		Send Topic To a Friend
Author	Posting	
monique1964	Posted - 5 July 2007 12:15 🤵 🍓	
	Flavorful!!!	
	1/4 cup of real lemon juice	
	1/8 cup of white vinegar	
	1/8 cup of red wine vinegar	
	1/3 cup of olive oil	
	2 garlic cloves minced	
	1 teaspoon of oregano	
	salt and pepper to taste	
	Bon Appetit!	
	Frenchy	
	nere to show the most recent reply fine to close thread (administrators & moderators of	
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Forums   Pour It On (Cond Dressings and Dips)   Thre Greek Salad Dressing		Send Topic To a Friend
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	1 teaspoon of oregano	
	salt and pepper to taste	
	Bon Appetit!	
	Frenchy	
	here to show the most recent reply fi e to close thread (administrators & moderators	
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<u>Dressings</u> Marinara	<u>s_and_Dips)</u>   Thread: <b>Ba</b> s <b>a Sauce</b>	sic	Send Topic To a Frier
Author		Posting	
MsTified	Posted - 2 April 2004 19:1	§ 🖏	
	BASIC MARINARA SAUC	CE Makes: 14 cups	
	<ul> <li>3-5 large onions, cut up</li> <li>1 green pepper, seeded &amp; cut up</li> <li>2 T. oil</li> <li>4 15-oz. cans tomato sauce</li> <li>3 6-oz. cans tomato paste</li> <li>2-1/2 cups water</li> <li>1/4 t. rosemary</li> <li>1/4 t. oregano</li> <li>1 bay leaf</li> <li>½ t. dry thyme</li> <li>½ t. marjoram</li> <li>3 whole cloves</li> <li>2 t. sugar substitute</li> <li>½ t. salt</li> <li>½ t. pepper</li> </ul>		
	over medium high heat. 2. In chop-o-matic, cho continue cooking until o water, rosemary, orega Simmer, covered for 1- burgundy and simmer 5 3. Take out what you n remaining sauce cool th	Add onions and sau p green pepper med onions are soft. Stir i no, bay leaf, thyme, 1/2 to 2 hours. Stir 5 to 10 minutes. eed to make your pa nen freeze the remai ked in a slow-cooker	e. In large Dutch oven heat oil ute 1 to 2 minutes. ium fine. Add to onions and in tomato sauce, tomato paste, marjoram, cloves and sugar. in salt and pepper. Pour in asta dish for tonight. Let the ning sauce in 2-cup containers. for about 4 hours instead of on
	~ DEDICATION ~ DETE MsTified217@hotmail.cc		PLINE ~
		o show the most rec se thread (administrators &	
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<u>Dressings</u> Marinara	<u>s_and_Dips)</u>   Thread: <b>Ba</b> s <b>a Sauce</b>	sic	Send Topic To a Frier
Author		Posting	
MsTified	Posted - 2 April 2004 19:1	§ 🖏	
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Click here to show the most recent reply first.         Forums   Pour It On (Condiments,       Send Topic To a Friend         Dressings and Dips)   Thread: marinara       Send Topic To a Friend         sauce       Send Topic To a Friend			
Au	thor	Posting	
realtornancy       Posted - 2 July 2007 5:20       Image: Constraint of the state of t		Posted - 2 July 2007 5:20 👮 🖏	
		marinara sauce?	
		159.5/159.5/135.0	
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Click here to show the most recent reply first.         Forums   Pour It On (Condiments,       Send Topic To a Friend         Dressings and Dips)   Thread: marinara       Send Topic To a Friend         sauce       Send Topic To a Friend			
Author	Posting		
realtornancy	Posted - 2 July 2007 5:20 👮 🖏		
does anyone have a good legal level 1 recipe for marinara Or is there a store bought legela level 1 ?		for marinara sauce?	
	159.5/159.5/135.0		
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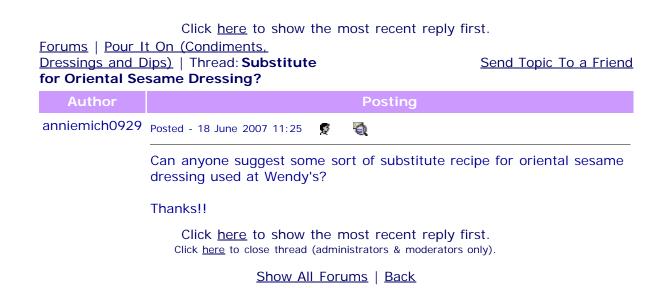
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Author	Posting	
grandmad	Posted - 30 June 2007 11:32 🦉 🍓	
	I'm away from my recipes. does anyone have the recipe for the KFC Coleslaw/dressing?	
	oly first. ators only).	

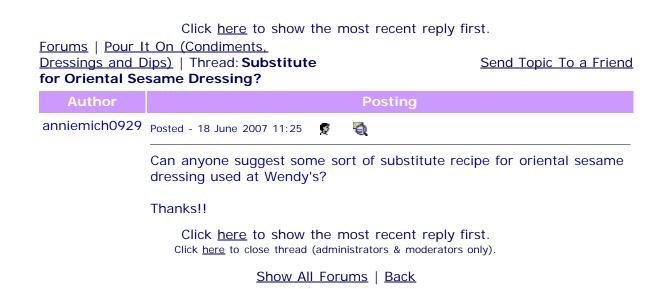
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Author	Pos	sting
Sara2003	Posted - 21 September 2003 10:18	ð.
	I am looking for a recipe for ranch dressing.	
	Thanks	
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Author	Pos	ting
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Dressing	Click <u>here</u> to show the <u>Pour It On (Condiments,</u> <u>and Dips)</u>   Thread: <b>Anyone</b> od marinades to share please?	most recent reply firs	st. <u>Send Topic To a Friend</u>
Author		Posting	
Zamode	Posted - 4 June 2007 19:40 🤵 🔩		
	Whew, I am missing them since recould be but olive oil with spices is		ot sure what else there

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Author			Posting	
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Author	Posting
atcchick	Posted - 1 January 2007 9:6 👳 🍓
	I found this several years ago, a recipe that was included with my bottle of Tabasco brand Chipolte Sauce. They actually call it a basting sauce, though I have never used it that way.
	Creamy Chipolte Basting Sauce
	1/2 c. mayonnaise 3 tbsp. Tabasco brand Chipolte Sauce 1 lg. garlic clove, minced
	Combine mayonnaise, Tabasco brand Chipolte Sauce and garlic in a small bowl and mix well. Brush on chicken, burgers or sausage while grilling. Makes about 3/4 c. This makes an equally good dipping sauce (which is what I have used it for).
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Dressin	Click <u>here</u> to show th   <u>Pour It On (Condiments,</u> gs and Dips)   Thread: <b>Lawry's</b> pice & Seasoning	ne most recent reply fi	rst. <u>Send Topic To a Friend</u>
Author		Posting	
DebB	Posted - 20 September 2003 16:8 👳	Q.	
	Here's the Taco Seasoning I mak and/or starches and are funky). - I've put my quantities in parent sealed glass jar and typically use This is really good!	I make a big batch (I thesis) of this each tim	multiply this recipe by 8 ne and keep it in a
	Lawry's Taco Spice & Seasoning		
	This will make the equivalent of a	a 1oz. package.	
	1 tsp chili powder (8 tsp)		
	1 tsp paprika (8 tsp)		
	3/4 tsp salt (4 1/2 tsp)		
	3/4 tsp dried minced onion (4 1/	2 tsp)	
	1/2 tsp cumin (3 tsp)		
	1/4 tsp cayenne pepper (1 1/2 ts	sp)	
	1/4 tsp garlic powder (1 1/2 tsp)		
	1/8 tsp ground oregano (3/4 tsp)	)	
	Combine all ingredients in a smal	II bowl.	
	If you want to use this for taco r	neat:	
	In large skillet, brown 1 pound g spices & 2/3 cup water; mix thor and cook uncovered, 7 to 10 mir liquid has cooked off.	oughly. Bring to a boil	l; reduce heat to low
	Started Somersizing 3-01 270/175/165 sdbruce@amerion.com		
		ne most recent reply findministrators & moderators	
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Dressin	Click <u>here</u> to show th   <u>Pour It On (Condiments,</u> gs and Dips)   Thread: <b>Lawry's</b> pice & Seasoning	ne most recent reply fi	rst. <u>Send Topic To a Friend</u>
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Dressing	Click <u>here</u> to show the most re   <u>Pour It On (Condiments,</u> gs and Dips)   Thread: <b>Anyone</b> ranch dressing recipe?	ecent reply first. Send Topic To a Friend
Author	Postin	g
NanMC	Posted - 2 March 2007 9:56 🖉 🚳	
	I'm trying to find a good recipe for ranch know of a good legal mix?	dressing. Does anyone have one or

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Author	Posting
Fwiggy88	Posted - 26 February 2005 12:13 🦉 🍓
	Hemp Seed Oil Vinaigrette
	<ul><li>2 Tbsp hemp seed oil</li><li>2 Tbsp vinegar</li><li>1 tsp crushed garlic</li><li>1 tsp oregano</li></ul>
	Blend all ingredients and pour over salad or whatever.
	Oh my, this oil is so gooood. It tastes like sesame seeds. If you miss nuts try this oil. The one I used is called "Manitoba Harvest Hemp Seed Oil". See this site store locator (USA & Canada)
	http://www.manitobaharvest.com/index.asp
	Hemp seed oil is one of the world's richest sources of polyunsaturated fats including both of the essential fatty acids (Omega 3 and Omega 6) and G (gamma Linolenic acid).
	It's a salad oil (not to be heated above 350F)
	Edited by - twiggy88 on 2/26/2005 12:15:13 PM
	Edited by - twiggy88 on 2/27/2005 5:40:23 PM
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Dressings	Click <u>here</u> to show the most recent reply first. <u>Pour It On (Condiments,</u> <u>s and Dips)</u>   Thread: <b>spicy recipe wanted</b>
Author	Posting
000kristi	Posted - 26 March 2007 8:0 👮 🖏
	i have tried the Cardini Ceasar that is "spiced up" - i love it but don't know if it is legal. does anyone have a great recipe for a "southwestern ranch" or a "baha ranch/ceasar" dressing?
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).
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Author       Posting         chefDeb       Posted - 14 March 2007 14:15       Image: ChefDeb         I saw this dip made on Food Network on "Good Eats". I tweaked it a bit.       1 8oz. package cream cheese         1 oz. crumbled feta cheese       1/4 c. shredded parmesan cheese         1 whole red bell pepper, chopped in large pieces.       1 zucchini, diced in large pieces         1/2 onion chopped in large pieces       1/2 onion chopped in large pieces.         1 Tbs. balsamic vinegar       1 Tbs. olive oil         salt and pepper       1 tsp. Italian seasoning         1 tsp. Italian seasoning       1 tsp. dried basil         Toss together the chopped veggies with the dried herbs, salt and pepper, the oil and vinegar. Pour mixture on to a cookle sheet and roast in the or for 20-30 minutes on 400 until veg. starts to carmelize and brown.         Place three cheese into a food processor and add hot roasted veggies and process until smooth.         Spoon into a container and refrigerate until use.         Eat with celery sticks, or cauliflower. You could use this a a spread for lew samdwiches. It's really tasty.         Taking it one meal at a time, and loving every bite! John 15:5         Click here to close thread (administrators & moderators only).	Author	/spread		<u>Send Topic To a Frie</u>
I saw this dip made on Food Network on "Good Eats". I tweaked it a bit. 1 8oz. package cream cheese 1 oz. crumbled feta cheese 1/4 c. shredded parmesan cheese 1 whole red bell pepper, chopped in large pieces. 1 zucchini, diced in large pieces 1/2 onion chopped in large pieces, or 4 green onions chopped 3-4 cloves garlic peeled and left whole 1 Tbs. balsamic vinegar 1 Tbs. olive oil salt and pepper 1 tsp. Italian seasoning 1 tsp. dried basil Toss together the chopped veggies with the dried herbs, salt and pepper, the oil and vinegar. Pour mixture on to a cookie sheet and roast in the or for 20-30 minutes on 400 until veg. starts to carmelize and brown. Place three cheese into a food processor and add hot roasted veggies and process until smooth. Spoon into a container and refrigerate until use. Eat with celery sticks, or cauliflower. You could use this a a spread for lew samdwiches. It's really tasty. Taking it one meal at a time, and loving every bite! John 15:5 Click here to show the most recent reply first.	Author		Posting	
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John 15:5 Click <u>here</u> to show the most recent reply first.			iflower. You could use thi	is a a spread for level
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Author       Posting         chefDeb       Posted - 14 March 2007 14:15       Image: ChefDeb         Posted - 14 March 2007 14:15       Image: ChefDeb         I saw this dip made on Food Network on "Good Eats". I tweaked it a bit.         1 saw this dip made on Food Network on "Good Eats". I tweaked it a bit.         1 saw this dip made on Food Network on "Good Eats". I tweaked it a bit.         1 saw this dip made on Food Network on "Good Eats". I tweaked it a bit.         1 saw this dip made on Food Network on "Good Eats". I tweaked it a bit.         1 saw this dip made on Food Network on "Good Eats". I tweaked it a bit.         1 saw this dip made on Food Network on "Good Eats". I tweaked it a bit.         1 saw this dip made on Food Network on "Good Eats". I tweaked it a bit.         1 saw this dip made on Food Network on "Good Eats". I tweaked it a bit.         1 saw this dip made on Food Network on "Good Eats". I tweaked it a bit.         1 saw this dip made on Food Network on "Good Eats". I tweaked it a bit.         1 subclassion         1/2 onion chopped in large pieces.         1 zucchini, diced in large pieces.         1 zucchini, diced in large pieces.         1 zucchini, diced in large pieces.         1 Subsamic vinegar         1 Tbs. balsamic vinegar         1 tsp. Italian seasoning         1 tsp. dried basil         Toss together the chopped veg		is and Dips)   Thread: Roasted D/spread		Send Topic To a Frie
I saw this dip made on Food Network on "Good Eats". I tweaked it a bit. 1 8oz. package cream cheese 1 oz. crumbled feta cheese 1 /4 c. shredded parmesan cheese 1 /4 c. shredded parmesan cheese 1 /2 onion chopped in large pieces 1 /2 onion chopped in large pieces, or 4 green onions chopped 3 -4 cloves garlic peeled and left whole 1 Tbs. balsamic vinegar 1 Tbs. bive oil salt and pepper 1 tsp. Italian seasoning 1 tsp. Italian seasoning 1 tsp. Italian seasoning 1 tsp. Italian seasoning 1 tsp. oried basil Toss together the chopped veggies with the dried herbs, salt and pepper, and the oil and vinegar. Pour mixture on to a cookie sheet and roast in the over for 20-30 minutes on 400 until veg. starts to carmelize and brown. Place three cheese into a food processor and add hot roasted veggies and process until smooth. Spoon into a container and refrigerate until use. Eat with celery sticks, or cauliflower. You could use this a a spread for level samdwiches. It's really tasty. Taking it one meal at a time, and loving every bite! John 15:5 Click here to show the most recent reply first. Click here to close thread (administrators & moderators only).	Author		Posting	
<ul> <li>1 8oz. package cream cheese</li> <li>1 oz. crumbled feta cheese</li> <li>1/4 c. shredded parmesan cheese</li> <li>1 whole red bell pepper, chopped in large pieces.</li> <li>1 zucchini, diced in large pieces</li> <li>1/2 onion chopped in large pieces, or 4 green onions chopped</li> <li>3-4 cloves garlic peeled and left whole</li> <li>1 Tbs. balsamic vinegar</li> <li>1 Tbs. olive oil</li> <li>salt and pepper</li> <li>1 tsp. Italian seasoning</li> <li>1 tsp. dried basil</li> <li>Toss together the chopped veggies with the dried herbs, salt and pepper, are the oil and vinegar. Pour mixture on to a cookie sheet and roast in the over for 20-30 minutes on 400 until veg. starts to carmelize and brown.</li> <li>Place three cheese into a food processor and add hot roasted veggies and process until smooth.</li> <li>Spoon into a container and refrigerate until use.</li> <li>Eat with celery sticks, or cauliflower. You could use this a a spread for level sandwiches. It's really tasty.</li> <li>Taking it one meal at a time, and loving every bite! John 15:5</li> <li>Click here to show the most recent reply first. Click here to close thread (administrators &amp; moderators only).</li> </ul>	chefDeb	Posted - 14 March 2007 14:15	a.	
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Click here to close thread (administrators & moderators only).			and loving every bite	91
Show All Forums   Back				
		Show .	All Forums   Back	

Author	Dressing Posting
DebB	Posted - 29 February 2004 13:8 🖉 🍓
	Here it is Pam: *Ü*
	RANCH SALAD DRESSING
	6 ingredients. 3 minutes to make. So, how can a salad dressing so easy to prepare be so delicious? Well, it just is. Thick, creamy, and full of that zesty Ranch flavour we all love, you will never go back to bottled dressing again. This dressing is very versatile. Use it as a salad dressing, vegetable dip, or even a sauce on your favourite cut of meat. After a taste of this, I was suddenly filled with an overriding urge to go round up some cows. Now that's RANCH!
	Serving Size: 3 cups of salad dressing Preparation Time: 3 minutes Ingredients: 1 1/2 cups mayonnaise (I use Hellmann's Best Food's Mayonnaise) 1/2 cup sour cream 1/4 cup heavy cream (33-35% milk fat) 2 tablespoons lemon juice 1/2 teaspoon garlic powder 1/2 teaspoon dried dill weed Directions: Place all ingredients in a blender, mix on high speed for 2 minutes until thouroughly mixed and creamy. It may not seem thick enough, however the salad dressing will properly thicken after it is allowed to chill. Store in an airtight container (such as an old salad dressing bottle) in the refrigerator for up to two weeks. Serve and enjoy! Feel free to post any comments or feedback to this recipe on the feedback thread. Or, don't hesitate to email me at pneumanca@yahoo.ca if you have any questions or comments. Peter Neuman
	Started Somersizing 3-01 270/175/175 sdbruce@amerion.com
	Click here to show the most recent reply first.

Dressin	Click <u>here</u> to show the most recent reply first. <u>a   Pour It On (Condiments.</u> <u>ags and Dips)</u>   Thread: <b>Peter's</b> <b>Dressing</b>
Autho	r Posting
DebB	Posted - 29 February 2004 13:8 🤵 🍓
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Dressings	Click <u>here</u> to show the most recent reply first. <u>Pour It On (Condiments,</u> <u>and Dips)</u>   Thread: <b>Somersize</b> <u>Send Topic To a Friend</u> <u>ressing Please!!!</u>		
Author	Posting		
pattimelt	Posted - 25 March 2005 6:18 👮 🍓		
	Just have a craving for Ranch Dressing and, of course, I want to make sure it is legal.		
	Does anyone know if the Somersize Ranch Dressing mix is sold on this site separately from the Bake 'n Fry package deal? I looked through the products forum and didn't see itam I missing something?		
	Does any one have a yummy Ranch Dressing recipe secret they would like to share?		
	Thanks, in advance! : o) Patti		
	pattimeltwhat I'm hoping to do!		
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).		

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	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).		

	Click <u>here</u> to show the most rec <u>Pour It On (Condiments,</u> <u>and Dips)</u>   Thread: <b>Cucumber</b> ressing	ent reply first. <u>Send Topic To a Friend</u>
Author	Posting	
beebee1	Posted - 25 August 2005 7:18 🖉 🍓	
	Cucumber Ranch Dressing	
	1 c sour cream 1/2 c mayonnaise white pepper onion powder dill weed pinch of dried parsley dill weed cucumber, seeded & finely minced	
	I didn't put amounts of seasonings as I do cucumber to taste. Put in refrigerator over	
	I love this for a "dip" or for a dressing on s cheese chips or pork rinds (they are both s dip/dressing.	
	Click <u>here</u> to show the most rec Click <u>here</u> to close thread (administrators	
	Show All Forums   B	ack

	Click <u>here</u> to show the most rec <u>Pour It On (Condiments,</u> <u>and Dips)</u>   Thread: <b>Cucumber</b> ressing	ent reply first. <u>Send Topic To a Friend</u>
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Author	Posting	
adrkluchko	Posted - 29 June 2004 5:28 👮 🥘	
	Anyone know of a legal ranch dressing that actually tast	es like ranch?
	Marilyn 174/174/125	

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Author	perry Vinaigrette	Docting	
	Posted - 15 February 2007 5:53 👳 🖣	Posting	
	A friend served this and it was so is the only way I could do it. He red onion and pine nuts which I I eliminated. It was absolutely delig	good I had to figure served it on a mixed g know for level one wou	reen salad w/a little
	Strawberry or Raspberry Vinaigre	tte	
	Combine sf strawberry or raspber pepper until combined. Gradually Chill until ready to serve. (I just immersion blender) Ingredients - sf strawberry or raspberry syrup - 2 tablespoons sf Balsamic Vineg - 1/4 teaspoon ground black pepp	add olive oil and mix use my little Black & E o to taste jar	until well blended.
	- 1/4 cup Light Olive Oil		
	To make a Almost Level One or L fresh strawberries or raspberries		e which, use one cup
	It is such a nice light dressing. Ve	ery refreshing.	
	Enjoy		
	Edited by - mamabj on 2/15/200	7 6:29:24 AM	
	Click <u>here</u> to show the Click <u>here</u> to close thread (ad	e most recent reply fir Iministrators & moderators of	
		orums   Back	

Author	perry Vinaigrette	Posting
	Posted - 15 February 2007 5:53 🖉 🍓	osting
	Strawberry or Raspberry Vinaigrette	
	pepper until combined. Gradually ac	
	- 1/4 cup Light Olive Oil	
	fresh strawberries or raspberries ins	el Two, I'm not sure which, use one cup tead of the syrup.
	It is such a nice light dressing. Very	refreshing.
	Enjoy	
	Edited by - mamabj on 2/15/2007 6	b:29:24 AM
	Click <u>here</u> to show the n Click <u>here</u> to close thread (admir	
	Show All Foru	Ime   Back

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	Click here to show the mos	st recent reply first.
	<u>t_On_(Condiments,</u> <u>bips)</u>	Send Topic To a Friend
Author		Posting
DramaMama16	Posted - 14 February 2007 4:16	<b>a</b>
	My son and I played around an is always a hit so if you like a li	d created this recipe. Its very quick and ttle sweeter dressing, try this.
	CREAMY BALSAMIC SALAD DRE	SSING - yummy!
	3/4 Cup Mayo 3-4 TBS Cream 1 & 1/2 tsp. Somersweet 2 TBS. Balsamic Vinegar	
	Click <u>here</u> to show the most Click <u>here</u> to close thread (administr	1.5

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	Click <u>here</u> to show the mo	st recent reply fir	st.
	<u>t_On_(Condiments,</u> p <u>ips)</u>		Send Topic To a Friend
Author		Posting	
DramaMama16	Posted - 14 February 2007 4:16	8	
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	Click <u>here</u> to show the mo Click <u>here</u> to close thread (administ		

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Click here to show the most recent reply first. Forums | Pour It On (Condiments, Dressings and Dips) | Thread: Thousand Send Topic To a Friend Mile Dressing Author Posting IWedRich Posted - 11 September 2006 17:56 Q 9 This is an absolute favorite - you will not miss Thousand Island! Thousand Mile Dressing 1/2 C. Real Mayonnaise 1/2 C. Sour Cream 1/4 C. Roasted Red Bell Pepper, blended until well mashed 6 T. Tomato Sauce 1/4 C. Dill Pickle Relish 1 t. Cream of Tartar 2 pkts. Splenda (sugar substitute) taste Salt & Pepper taste Cream (optional) In a blender mix the peppers until smooth. Add the mayo, tomato sauce and sour cream, blending on low just until smooth. Stir in remaining ingredients

> by hand, adding cream to thin or more sour cream to thicken as needed. Click <u>here</u> to show the most recent reply first.

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	Click <u>here</u> to <u>Pour It On (Condiments.</u> and Dips)   Thread: dip r		the	most recent reply	first. <u>Send Topic To a Friend</u>
Author				Posting	
pepper6	Posted - 5 February 2007 13:0	Ş	ð		

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	<u>It On (Condiments,</u> <u>Dips)</u>   Thread: <b>dip r</b>	nix				Send Topic To a	<u>a Friend</u>
Author				Posting			
pepper6 Posted	- 5 February 2007 13:0	Ş	Q				
					<u> </u>		

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these D	<u>is and Dips)</u>   Thread: Don't IP RECIPES for Holidays				
Author			Po	sting	
phoffer	Posted - 22 December 2004 7:34	Ş	Q		
	Mexican Fiesta Dip Mix 1/2 c dried parsley 1/3 c minced onion 1/4 c dried chives 1/3 c chili powder 1/4 c cimin 1/4 c salt				
	In large bowl combine all the To Use: add 3 TB od the dry mixtur 1 cup mayonaise and 1 cup sour cream Mix together chill 2 to 4 hours.				an airtight container
	HALF TIME HOAGIE DIP 1/2 lb sliced salami, chopped 1/2 lb deli ham, chopped 1/2 lb american cheese slic 3/4 cup tomato, chopped 1/3 cup onion, chopped 1/2-1 tsp dried oregano 1/2 cup mayonaise mix well and chill		choppe	d	
	CRABMEAT DIP 1 can or 6 oz crab meat dr 1 package 8 oz cream chec 1/2 cup legal brand thousa 2 tb lemon juice 1 green onion, chopped	ese, s	softene		
	In medium bowl thoroughly	/ con	nbine a	III ingredient	s, chill.
	HOT PIZZA DIP 1 8 Oz package cream cheo 1/2 tsp dried oregano 1/2 tsp dried parsley 1/4 tsp dried basil 1 cup shredded mozzarella 1 cup parmesan cheese 1 cup pizza sauce 2 tb chopped green bell pe 2 oz pepperoni sausage, ch	chee	ese	ed	

In a small bowl, mix together the cream cheese, oregano, and basil. Spread mixture in the bottom of a 9" pie plate or shallow mircowave dish. sprinkle 1.2 cup of mozzarella and the 1/2 cup of Paresan cheese on top of cream cheese mixture. Spread the pizza sauce over all. Sprinkle with remaining cheese, then top with green pepper, and pepperoni. Cover and microwave for 3 to 5 minutes, serve hot

CREAM CHEESE TACO DIP 8 oz. cream cheese, softened 1/2 cup heavy cream 16 oz. sour cream 1 package taco seasoning 2 cups cheddar cheese, grated

Add heavy cream to cream cheese and mix well until smooth. Add sour cream, taco seasonings and cheddar cheese, mix well. Chill

NIPPY BLUE CHEESE BALL 6 oz cream cheese softened 3 tb heavy cream 1 tb mayonaise 1/2 tsp worcestershire sauce 1/4 crumbled blue cheese

Combine first four ingredients and stir well Fold in blue cheese.

SANTE FE SUNSET DIP

3 oz sun-dried tomatoes, (not in oil) 2 jars (7 oz) roasted red peppers, drain 2 cloves garlic, chopped fine 1 1/2 tsp ground cumin, or to taste 1 tsp fresh lemon juice, or to taste 1/4 cup chopped fresh cilantro 1/4 cup chopped green onion 4 oz cream cheese, softened salt and pepper to taste tabasco sauce to taste Soak the tomatoes in hot water for about 5 mintues, drain well but reserve 3 TB of the soaking liquid. In a food processor, puree the peppers, tomatoes, garlic, cumin, lemon juice, cilantro and green onions until smooth and well blended. Add cream cheese, puree mixture adding enough of the soaking liquid to thin the dip to desired consistency, Blend until smooth, salt pepper and hot sauce to taste. Adjust seasonings, Chill 24 hours

Patricia Hoffer

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hese D	is and Dips)   Thread: Don't IP RECIPES for Holidays		-	Send Topic To a Friend			
Author			Postir	ng			
ohoffer	Posted - 22 December 2004 7:34	ý	<b>Q</b>				
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Patricia Hoffer

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Dressing	Click <u>here</u> to show the most recent   <u>Pour It On (Condiments,</u> <u>as and Dips)</u>   Thread: <b>Homemade</b> Pressing	reply first. Send Topic To a Friend	
Author	Posting		
3M	Posted - 9 January 2007 6:22 🖉 🍓		
	This is the salad dressing I make. I mix it up in a small bowl with a lid and take it with me when we are going out for dinner. I don't measure the ingredients, just use what looks good.		
	<ul><li>1/4 cup mayonnaise</li><li>2 Tablespoons parmesan cheese (in the can)</li><li>1/4 teaspoon chili powder</li><li>enough water to make it the same consistency as bottled salad dressing</li></ul>		
	My husband said this reminds him of a bottled dressing he had tasted before. I can't remember which one and it was one I haven't tried.		
	Started March 6, 2006 Start 297 ~ Current 208 ~ Goal 150 "It is written, Man shall not live by bread alone proceedeth out of the mouth of God." Matthew		
	Click <u>here</u> to show the most recent Click <u>here</u> to close thread (administrators & mo	1.5	
	Show All Forums   Back		

<u>Dressin</u>	Click <u>here</u> to show the mos   <u>Pour It On (Condiments,</u> <u>is and Dips)</u>   Thread: <b>Homemade</b> pressing	t recent reply first. <u>Send Topic To a Friend</u>	
Author	Pos	ting	
3M	Posted - 9 January 2007 6:22 🦉 🍓		
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Started March 6, 2006 Start 297 ~ Current 208 ~ Goal 150 "It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God." Matthew 4:4			
	Click <u>here</u> to show the mos Click <u>here</u> to close thread (administr	1.5	
	Show All Forum	s   Back	

Click <u>here</u> to show the most recent reply first. <u>Forums   Pour It On (Condiments,</u> <u>Dressings and Dips)</u>   Thread: <b>Catalina</b> <u>Send Topic To a Friend</u> <b>Salad Dressing???</b>			
Author	Posting		
dweebee	Posted - 10 October 2005 13:25 🖉 🍓		
I am looking for a somersized catalina salad dressing. Would appreciate a help you can give me.			
Thanks Pam			
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Click <u>here</u> to show the most recent reply first. <u>Forums   Pour It On (Condiments,</u> <u>Dressings and Dips)</u>   Thread: <b>Catalina</b> <u>Send Topic To a Friend</u> <b>Salad Dressing???</b>				
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Author	Posting			
AGraham	AGraham Posted - 21 September 2003 21:6 🦉 🍓			
	For those who have a hard time finding "legal" sour cream:			
	1 Cup Heavy Whipping Cream 1 1/4 T Lemon Juice			
	Let above ingredients sit in a glass Mason Jar (covered with plastic wrap and a rubber band) for 18-24 hours. The longer it sits the better. The cream immediately thickens once you add the lemon juice. Store sour cream in the fridge in a plastic bowl with lid. Should keep for a week or more. Easy and tastes great!!			
	Edited by - AGraham on 9/22/2003 9:29:01 AM			
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Author	Posting			
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Click <u>here</u> to show the most recent reply first. <u>Forums</u>   <u>Pour It On (Condiments,</u> <u>Dressings and Dips)</u>   Thread: <b>raspberry</b> <u>Send Topic To a Friend</u> <b>macademia vinaigrette</b>		
Author	Posting	J
varinia1961	Posted - 26 January 2007 13:36 🦉 🍓	
	I love raspberry walnut vinairette, but they have too much sugar. So, I bought Newman's Own Light Balsamic vinaigrette (1 g sugar) and added raspberry and macademia nut davinci syrups. tastes great!	

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Click <u>here</u> to show the most recent reply first. <u>Forums   Pour It On (Condiments,</u> <u>Dressings and Dips)</u>   Thread: <b>raspberry</b> <u>Send Topic To a Friend</u> <b>macademia vinaigrette</b>		
Author	Posting	
varinia1961	Posted - 26 January 2007 13:36 🖉	
	I love raspberry walnut vinairette, but they have too much sugar. So, I bought Newman's Own Light Balsamic vinaigrette (1 g sugar) and added raspberry and macademia nut davinci syrups. tastes great!	

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Forums   Pour It On (Condiments,			
Dressings and Dips)   Thread: HELPPP on Send Topic To a Friend			
dressing			
Author	Posting		
Fashiond07	Posted - 10 January 2007 13:1 🦉 🍓		
	ok I found this dressing and it only has 1 gram	of sugar in itis that ok?	

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Forums   Pour It On (Condiments,				
Dressings and Dips)   Thread: HELPPP on Send Topic To a Friend				
dressing				
Author	Posting			
Fashiond07	Posted - 10 January 2007 13:1 🦉 🍓			
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ok I found this dressing and it only has 1 gram of sugar in it....is that ok?

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Click here to show the most recent reply first.         Forums   Pour It On (Condiments,         Dressings and Dips)         Thread: legal       Send Topic To a Friend         brands of salad dressings       Send Topic To a Friend			
Author	Postin	g	
kimrisa	a Posted - 13 November 2006 19:29 🦉 🍓		
	Can someone provide me a list of legal commerical brand salad dressings?		
	Thanks!		
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Click here to show the most recent reply first.         Forums   Pour It On (Condiments,         Dressings and Dips)         Thread: legal       Send Topic To a Friend         brands of salad dressings       Send Topic To a Friend			
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Dressings	Click <u>here</u> to show the most recent <u>Pour It On (Condiments.</u> <u>and Dips)</u>   Thread: <b>Balsamic</b> <b>me Oil Salad Dressing</b>	nt reply first. Send Topic To a Friend
Author	Posting	
IWedRich	Posted - 11 September 2006 17:55 💈	
	<ul> <li>Balsamic and Sesame Oil Salad Dressing</li> <li>3 pkt. Splenda (sugar substitute)</li> <li>½ t. Ground Thyme</li> <li>½ t. Dried Orange Peel (or Lemon Peel)</li> <li>3 T. Balsamic Vinegar</li> <li>½ C. Sesame Oil</li> </ul>	
	Mix together Splenda (sugar substitute), thyme and orange peel. Add vinegar. Slowly blend in the oil. The dressing will thicken as you blend. Toss with about 10 oz. Salad, using spinach, butter lettuces or your favorite combination.	
	Click here to show the most recen	t roply first

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Dressings	Click <u>here</u> to show the most red <u>Pour It On (Condiments,</u> <u>and Dips)</u>   Thread: <b>Balsamic</b> <b>me Oil Salad Dressing</b>	cent reply first. Send Topic To a Friend
Author	Posting	9
IWedRich	Posted - 11 September 2006 17:55 🦉 🍓	
	Balsamic and Sesame Oil Salad Dressing 3 pkt. Splenda (sugar substitute) 1/2 t. Ground Thyme 1/2 t. Dried Orange Peel (or Lemon Peel) 3 T. Balsamic Vinegar 1/2 C. Sesame Oil	
	Mix together Splenda (sugar substitute), thyme and orange peel. Add vinegar. Slowly blend in the oil. The dressing will thicken as you blend. Toss with about 10 oz. Salad, using spinach, butter lettuces or your favorite combination.	
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Click <u>here</u> to show the most recent reply first. <u>Forums   Pour It On (Condiments,</u> <u>Dressings and Dips)</u>   Thread: <b>Perky</b> <u>Horseradish Dip</u>	
Author	Posting
phoffer	Posted - 22 December 2004 6:46 👳 🍓
	<ul> <li>3 Oz cream cheese, room temp.</li> <li>1 cup sour cream</li> <li>1/2 cup chopped dill pickle</li> <li>2 tsp. onion flakes</li> <li>1 TB horseradish</li> </ul>
	Mix all together and serve with veggies Enjoy!!
	Patricia Hoffer
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).
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erjen_lower       Posted - 25 October 2006 6:38	Author	Posting
<ul> <li>a couple of spoons of sour cream</li> <li>a spoon of cream cheese</li> <li>a little shredded cheddar cheese</li> <li>chili powder, to taste</li> <li>cumin, to taste</li> <li>onion and garlic powders, to taste.</li> <li>Mix it all together and heat in the microwave. It is nice over cauliflower of even on steak or chicken.</li> <li>Sorry there are no amounts, but this is how the recipe came to me.</li> <li>Jenn</li> <li>Gastric bypass 10/24/05</li> <li>265/146.6/145</li> <li>Some people are like slinkys, not good for much, but it sure puts a smile on your face when you see one tumble down the steps.</li> <li>Click here to show the most recent reply first.</li> <li>Click here to close thread (administrators &amp; moderators only).</li> </ul>	erjen_lower	Posted - 25 October 2006 6:38 🖉 🥘
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even on steak or chicken. Sorry there are no amounts, but this is how the recipe came to me. Jenn Gastric bypass 10/24/05 265/146.6/145 Some people are like slinkys, not good for much, but it sure puts a smile on your face when you see one tumble down the steps. Click here to show the most recent reply first. Click here to close thread (administrators & moderators only).		a spoon of cream cheese a little shredded cheddar cheese chili powder, to taste cumin, to taste
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Click here to close thread (administrators & moderators only).		
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	Click <u>here</u> to show the most recent reply first. <u>ur It On (Condiments,</u> <u>d Dips)</u>   Thread: <b>Warm</b> <u>Send Topic To a Friend</u> <b>sauce</b>		
Author	Posting		
erjen_lower	Posted - 25 October 2006 6:38 🤵 🍓		
	Warm Southwest Sauce		
	a couple of spoons of sour cream a spoon of cream cheese a little shredded cheddar cheese chili powder, to taste cumin, to taste onion and garlic powders, to taste.		
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Author	Posting	
somersizenewby	Posted - 30 October 2006 8:36 🖉 🏹	

Does anyone have a good donair sauce recipe?

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Cl <u>Forums</u>   <u>Pour It On (C</u> <u>Dressings and Dips)</u>   ⁻ <b>sauce</b>		irst. <u>Send Topic To a Friend</u>
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	<u>d Dips)</u>   Thread: Tomato, mushroom sauce	Send Topic To a Frien
Author		Posting
erjen_lower	Posted - 25 October 2006 6:35 🖉 🍹	b.
	I threw this together last night, s in this recipe! It was good though	so I apologize for the lack of organization n!
	Tomato, cheese and mushroom s	auce
	1 T butter 1/2 garlic, minced garlic powder, to taste 1 small can mushrooms, drained 1/3- 1/2 cup diced tomatoes, in j 1/4 cup tomato sauce 1/2 cup sour cream black pepper, to taste 3-4 oz. cheddar cheese, grated chicken, crab or shrimp, cooked	juice
		, mushrooms, garlic powder and black natoes, sour cream and tomato sauce. d stir well to encorporate.
	bit. I added shrimp to mine and a whole wheat rotini, which makes somersizing) and toppped it with	ble a bit to cook down and thicken up a allowed it to heat. I served this over it level 2 (I am not currently a little more shredded cheddar. I bet thi orets or even riced cauliflower. Probably
	I think some cayenne pepper or o wonderful in this too. It would de	even roasted red pepper would be finitely add to the flavor.
	Don't salt this at all. It doesn't ne	eed it.
	I hope you enjoy it.	
	Jenn Gastric bypass 10/24/05 265/146.6/145	
	Some people are like slinkys, not on your face when you see one to	t good for much, but it sure puts a smile umble down the steps.
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	<u>d Dips)</u>   Thread: <b>Tomato</b> , <b>mushroom sauce</b>	Send Topic To a Frien
Author		Posting
erjen_lower	Posted - 25 October 2006 6:35	à
	I threw this together last night, in this recipe! It was good thoug	so I apologize for the lack of organization h!
	Tomato, cheese and mushroom	sauce
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	bit. I added shrimp to mine and whole wheat rotini, which makes somersizing) and toppped it with	ble a bit to cook down and thicken up a allowed it to heat. I served this over s it level 2 (I am not currently n a little more shredded cheddar. I bet thi lorets or even riced cauliflower. Probably
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	Jenn Gastric bypass 10/24/05 265/146.6/145	
	Some people are like slinkys, no on your face when you see one	ot good for much, but it sure puts a smile tumble down the steps.
	Click <u>here</u> to show the n Click <u>here</u> to close thread (admir	
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Author	Posting
amethystfire	Posted - 6 February 2006 12:7 👷 🍓
	I'm having a heck of a time finding a recipe for some legal spaghetti/pizza sauce. Can anyone of you lovelies tell me a good one to try?
	<i>those who walk in love and truth, shall grow in honor and strength.</i>
	back on the somersizing wagon 208/193/150
	::amethystfire::
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amethystfire	Posted - 6 February 2006 12:7 👷 🍓
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Dressings	Click here to show the most recent reply first.         Pour It On (Condiments, and Dips)   Thread: Shrimp       Send Topic To a Friend         Sauce Extraordinaire!			
Author	Posting			
IWedRich	Posted - 11 September 2006 18:1 🤵 🍓			
	Shrimp Cocktail Sauce 8oz. Tomato Sauce 2 T. Tomato Paste 4 Anchovies 3 T. Lemon Juice 1 t. Prepared Horseradish 1 t. Crushed Garlic 3-4 Dashes of Hot Sauce (Tabasco style) 4 Packets Splenda (sugar substitute) taste Salt & Pepper			
Using blender combine all ingredients. Blend until well mixed. Chill before serving with cooked and chilled peeled de-veined shrimp.				
	Lovin' Jesus and Lovin' Life!			
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).			

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Dressings	Click here to show the most recent reply first.         Pour It On (Condiments, and Dips)   Thread: Shrimp       Send Topic To a Friend         Sauce Extraordinaire!			
Author	Posting			
IWedRich	Posted - 11 September 2006 18:1 🤵 🍓			
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	Lovin' Jesus and Lovin' Life!			
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).			

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Dressing	Click <u>here</u> t Pour It On (Condiment as and Dips)   Thread: <b>M</b> i <b>rom Helmans</b>	<u>s,</u>		e most recent repl	y first. <u>Send Topic To a Friend</u>
Author				Posting	
MichyS	Posted - 11 June 2006 17:4	Ş	Q		
	I saw a post a while ba	ck o	n how	to make miracle v	whip out of Helmans Does

I saw a post a while back on how to make miracle whip out of Helmans. Does anyone know of this recipe?

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Dressing	Click <u>here</u> t Pour It On (Condiment as and Dips)   Thread: <b>M</b> i <b>rom Helmans</b>	<u>s,</u>		e most recent repl	y first. <u>Send Topic To a Friend</u>
Author				Posting	
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Forums   Pour It On (Condiments,						
<u>Dressings</u>	and Dips)   Thread: SF Jelly	Send Topic To a Friend				
recipe?						
Author		Posting				
JulieJafar	ulieJafar Posted - 10 September 2006 12:55 🔮 I need some help I want to make some SF muscedine jelly but the pink box of Sure Jell doesn't give recipes for a SF jelly. If you have a recipe please let me know. Just made 8 jars of reg jelly (used the grape recipe per my Mom, and the yellow box of Sure Jell) but now I want some for me and my parents.					
	Thanks in advance for all your help! Julie					
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Click here to show the most recent reply first.						
Forums   Pour It On (Condiments,						
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recipe?						
Author		Posting				
JulieJafar	ulieJafar Posted - 10 September 2006 12:55 🔮 I need some help I want to make some SF muscedine jelly but the pink box of Sure Jell doesn't give recipes for a SF jelly. If you have a recipe please let me know. Just made 8 jars of reg jelly (used the grape recipe per my Mom, and the yellow box of Sure Jell) but now I want some for me and my parents.					
	Thanks in advance for all your help! Julie					
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Click <u>here</u> to show the most recent reply first. <u>Forums   Pour It On (Condiments,</u> <u>Dressings and Dips)</u>   Thread: <b>Pico de</b> <u>Send Topic To a Friend</u> <b>Gallo</b>						
Author	Posting					
IWedRich	Posted - 11 September 2006 18:0 🦉 🍓					
	Pico de Gallo 2 lg. Tomatoes, chopped 1 med. Onion, chopped 2-3 Garlic Cloves, chopped 1 sm. Jalapeno, chopped 2/3 C. Fresh Cilantro, chopped 3 T. Lemon Juice, fresh squeezed 1 T. Olive Oil Salt to taste					
	Coarsely chop the ingredients. Mix together in a glass bowl and let stand about 30 minutes before serving.					
	Lovin' Jesus and Lovin' Life!					
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Click <u>here</u> to show the most recent reply first. <u>Forums   Pour It On (Condiments,</u> <u>Dressings and Dips)</u>   Thread: <b>Creamy</b> <u>Send Topic To a Friend</u> <b>Tomato - Basil Dressing</b>						
Author		Posting				
IWedRich	Posted - 11 September 2006 17:59 👳	ð				
	Creamy Tomato - Basil Dressing 1 C. Real Mayonnaise ¼ C. Tomato Sauce 3 T. Sour Cream ¼ C. Fresh Chopped Basil (dried will work if you don't have fresh) 1 t. Cream of Tartar taste Salt & Pepper taste Cream					
	Using a mixer or blender to combine mayo, tomato sauce and sour cream, mix on low, just until smooth. Stir in remaining ingredients by hand, adding cream to thin down or more sour cream to thicken as needed.					
	Lovin' Jesus and Lovin' Life!					
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<u>Dressings</u>	Click <u>here</u> to show the <u>Pour It On (Condiments,</u> <u>and Dips)</u>   Thread: <b>Creamy</b> Basil Dressing	most recent reply fi	rst. <u>Send Topic To a Friend</u>
Author		Posting	
IWedRich	Posted - 11 September 2006 17:59	<b>a</b>	
	Creamy Tomato - Basil Dressing 1 C. Real Mayonnaise 1/4 C. Tomato Sauce 3 T. Sour Cream 1/4 C. Fresh Chopped Basil (dried 1 t. Cream of Tartar taste Salt & Pepper taste Cream	will work if you don'	t have fresh)
	Using a mixer or blender to com mix on low, just until smooth. St cream to thin down or more sour	ir in remaining ingre	dients by hand, adding
	Lovin' Jesus and Lovin' Life!		
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<u>Forums</u>   <u>Pour It On (Condiments,</u> <u>Dressings and Dips)</u>   Thread: <b>dips</b>		Send Topic To a Friend		
Author			Posting	
missyjean	Posted - 11 September 2006 8:48	Ş	<b>a</b>	

I just went to the spice west site to check out their dips. They look great, but how do you know if they are sugar free/buttermilk free? I can't find anywhere on the site that will give me the ingredients?

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Author	Posting			
cafemom	Posted - 15 August 2006 13:0 🙍 🍓 1 cup sour cream 1 cup mayo 1 packet Hidden Valley Ranch dry dressing mix 2 tsp. dill weed 1 tsp. parsley			
Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).				
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Dressings and	Click here to show the most recent reply first.         Forums   Pour It On (Condiments,         Dressings and Dips)         Thread: chipped       Send Topic To a Friend				
beef dip					
Author	Posting				
mulligan1201	1 Posted - 30 August 2006 15:30 👮 🍓				
	This is so good! It is the kind that would normally come boatbut who needs that when we have pork rinds to ton of recipes on the net for this but I just whipped sor are approximate measurements.	dip. There are a			
	half of a jar of chipped beef-diced 1 cup Sour cream 1 cup Mayo 1 Tbs. Chopped onion 1 Tbs. Parsley 2 Tbs. Dill				
	Mix it up and ready to go!				
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).				

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Click <u>here</u> to show the most recent reply first. <u>Forums   Pour It On (Condiments,</u> <u>Dressings and Dips)</u>   Thread: <b>Creole</b> <u>Send Topic To a Friend</u> <b>Seasoning</b>			
Author	Posting		
Sheila0029 Posted - 28 October 2003 10:14 👮 🍓			
2 parts coarse black pepper 1 part each of cayenne, thyme, paprika and sea salt. Mix, store and u desired		t. Mix, store and use as	
Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).			
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Author		Posting
glitterskate	Posted - 26 June 2006 13:42 🖉 🍓	
	when looking at the ingredients for ingredient list is as follows: Salt, Buttermilk Solids, Whey Soli Acid, Spices, Citric Acid, Guar Gur	tets of Suzannes' Ranch Dressing but und it has buttermilk solids in it. The ds, Garlic Powder, Onion Powder, Lactic n. unky food. How come Suzanne puts it in
	Glitterskate	
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Author	Posti	ing	
mamabj _{Post}	ed - 7 August 2006 15:14 🦉 🏾 🍓		
rec like	I got a Rick Bayless "Mexican Everyday" cookbook. There are a lot of legal recipes in there, especially for different salads and dressings. For those who like Mexican, it is a great source. Other recipes can easily be adapted to SSing as well.		
	mabj )/189		
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	Click <u>here</u> to show the most <u>ir It On (Condiments,</u> <u>d Dips)</u>   Thread: <b>Lots of</b> <b>an recipes</b>	recent reply first. Send Topic To a Friend	
Author	Posti	ing	
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	mabj )/189		
	Click <u>here</u> to show the most Click <u>here</u> to close thread (administrate	1.5	

<ul> <li>Posted - 30 July 2006 15:44  </li> <li>In a bowl mix: <ol> <li>cup Ketchup</li> <li>cup Worcestershire sauce</li> <li>cup Sake,Rice wine,Vodka*</li> <li>cup Sake,Rice wine,Vodka*</li> </ol> </li> <li>1/4 Brown or Turbino Sugar** <ol> <li>Tbs Sri Racha sauce(hot sauce)</li> <li>Tbs Roasted Garlic</li> <li>Tbs Ginger(fresh or powder)</li> <li>Tbs balsamic Vinegar</li> <li>I didn't have any of this so I used Rice Vinegar</li> <li>Used SS of course!!</li> <li>I heated this to a simmer to bring all the flavors together then let i before I used it.</li> </ol> </li> </ul>	
<ul> <li>1 cup Ketchup</li> <li>1/2 cup Worcestershire sauce</li> <li>1/2 cup Sake,Rice wine,Vodka*</li> <li>1/4 Brown or Turbino Sugar**</li> <li>2 Tbs Sri Racha sauce(hot sauce)</li> <li>2 Tbs Roasted Garlic</li> <li>2 Tbs Ginger(fresh or powder)</li> <li>2 Tbs balsamic Vinegar</li> <li>* I didn't have any of this so I used Rice Vinegar</li> <li>** Used SS of course!!</li> <li>I heated this to a simmer to bring all the flavors together then let i before I used it.</li> </ul>	
<ul><li>** Used SS of course!!</li><li>I heated this to a simmer to bring all the flavors together then let i before I used it.</li></ul>	
This does have a kick to it so if you don't like the heat back off on Racha a bit. I put this on some pulled pork I smoked today and it was great. I would go good with just about any type of meat. My wife thinks it to 1 with a kick.I just think it taste pretty darn good	the Sri think this
Edited by - bigdad on 7/30/2006 3:46:44 PM	
Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).	
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	our It On (Condiments,		
	nd Dips)   Thread: Wishbone	Send Topic To a Friend	
Carb Optio	ns Ranch		
Author	Posting		
glitterskate	Posted - 11 July 2006 17:53 🤵 🍓		
	If anyone is looking for a great storebought f the Wishbone Carb Options Ranch. It is wond	9	

legal. I ordered Suzanne's Ranch dressing mixes and thougth it a little bland. The Wishbone is not though and is very yummy!

Glitterskate

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Forums   Pour It On (Condiments,				
	nd Dips)   Thread: Wishbo	one		Send Topic To a Friend
Carb Option	ns Ranch			
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glitterskate	Posted - 11 July 2006 17:53	§ 🖏		
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	r It On (Condiments, <u>1 Dips)</u>   Thread: easiest tom oo or fat!	Send Topic To a Frien
Author	Posti	ng
nungryhippo	Posted - 22 June 2006 14:41 🦉 🍓	
	This is the easiest sauce I've ever mac	le and I love it. It's so simple
	1 28oz can crushed tomatoes 1t crushed/chopped/minced/whatever g 1/2c broth (vege, beef, or chicken)	garlic
	that's basically it. the rest is optional 1/4t crushed red peppers 1/2t salt 1t clive cil. (to fry the carlie for a pro/f	
	It olive oil (to fry the garlic for a pro/fat meal) I'm going to give the recipe for a carb meal. The only difference in the	
	I'm going to give the recipe for a carb two is sauteing the garlic in water or o course.	
	I use the jar of minced garlic in water. water to the pan to get it going. Once (the first time I did this I paniced and oil burning) the garlic won't be burnt b your broth and tomatoes. Cover and si and simmer another 5 or so. Just depe sauce. I found this recipe is best with better. I'm sure there are a ton of reci and easy. Especially if your tired of loc	the bottom of your pan is brown thought I ruined it, I'm so used to out the flavor is fantastic. Then add mmer about 20 min, the uncover ends on how thick you like your rotini noodles. they hold the sauce pes out there but this is delicious
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	Click <u>here</u> to show the most recent <u>r It On (Condiments,</u> <u>l Dips)</u>   Thread: easiest tom oo or fat!	reply first. Send Topic To a Friend
Author	Posting	
hungryhippo	Posted - 22 June 2006 14:41 🖉 🍓	
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	course.	
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Dressings	Click <u>here</u> to show the m Pour It On (Condiments, and Dips)   Peptember's Enchilada Sauce?	ost recent reply first. <u>Send Topic To a Friend</u>
Author	F	Posting
larubia69	Posted - 10 July 2006 11:52 🤵 🍓	*
		from the chili's, but am interested in e repost it? I did a search and cannot find
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Dressings	Click <u>here</u> to show the m Pour It On (Condiments, and Dips)   Peptember's Enchilada Sauce?	ost recent reply first. <u>Send Topic To a Friend</u>
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	Click <u>here</u> to show the most recent reply firs <u>Pour It On (Condiments.</u> <u>s and Dips)</u>   Thread: <b>Three-Herb</b> <b>urri</b>	st. <u>Send Topic To a Friend</u>
Author	Posting	
MsTified	Posted - 17 June 2006 20:2 🖉 🍓	
	Three-Herb Chimichurri Bon Appetit, July 06, p. 93	
This is an Argentinian sauce served with grilled steak. I've tried sev these and this is the best I've made so far! 1/4 cup olive oil 1-1/2 tablespoons Sherry wine vinegar 1-1/2 tablespoons fresh lemon juice 2 small garlic cloves, peeled 1 shallot, peeled, quartered 1/2 teaspoon fine sea salt 1/2 teaspoon black pepper 1/4 teaspoon crushed red pepper 1-1/2 cups packed, stemmed fresh Italian parsley 1-1/2 cup packed, stemmed fresh cilantro 1/2 cup packed, stemmed fresh mint		've tried several of
	<ol> <li>Combine first 8 ingredients (olive oil thru red pepper until almost smooth. Add parsley, cilantro and mint; put smooth.</li> <li>NOTE: Can be made up to 3 hours ahead. Cover and ch</li> </ol>	ree until almost
	~ DEDICATION ~ DETERMINATION ~ DISCIPLINE ~ "MsTified (Kate) 05/2001: 148/126 (reached goal) Back Again: 136/133/126	
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MsTified	Posted - 17 June 2006 20:2 👷 🍓
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	<ol> <li>Combine first 8 ingredients (olive oil thru red pepper) in blender; blend until almost smooth. Add parsley, cilantro and mint; puree until almost smooth.</li> <li>NOTE: Can be made up to 3 hours ahead. Cover and chill.</li> </ol>
	~ DEDICATION ~ DETERMINATION ~ DISCIPLINE ~ "MsTified (Kate) 05/2001: 148/126 (reached goal) Back Again: 136/133/126
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Author	Posting	
2b4mb	Posted - 9 January 2005 15:5 🦉 🍓	
	1 c mayonnaise 1 clove garlic, minced 3 anchovies, chopped 1/4 c finely chopped chives or green onions with tops 1/4 c parsley 1 T lemon juice 1 T tarragon vinegar 1/2 t salt pepper to taste 1/2 c sour cream	
	Put all in a blender or food processor except the sour cream and blend until smooth or just whisk if you like bits of onion and garlic. Fold in sour cream. Makes 2 cups.	

I got this recipe from The New York Times Cookbook, Craig Claiborne

Barb 270/180/???

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Author	Posting	
2b4mb	Posted - 9 January 2005 15:5 🦉	
	1 c mayonnaise 1 clove garlic, minced 3 anchovies, chopped 1/4 c finely chopped chives or green onions with tops 1/4 c parsley 1 T lemon juice 1 T tarragon vinegar 1/2 t salt pepper to taste 1/2 c sour cream Put all in a blender or food processor except the sour cr	eam and blend until
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Barb 270/180/???

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Click <u>here</u> to show the most recent reply <u>Forums   Pour It On (Condiments,</u> <u>Dressings and Dips)</u>   Thread: <b>Best Ever</b> <b>Pizza Sauce</b>	first. <u>Send Topic To a Friend</u>
Author Posting	
MsTified Posted - 2 April 2004 18:59 🦉 🍓	
BEST EVER PIZZA SAUCE Yield: 2-1/2 cups	
<ul> <li>3 T. olive oil</li> <li>1 onion, chopped</li> <li>2 garlic cloves, minced</li> <li>1 28 oz. can diced tomatoes</li> <li>1 6 oz. can tomato paste</li> <li>1-1/2 t. dried basil</li> <li>1 T. oregano</li> <li>2 t. sugar (substitute)</li> <li>t. each. salt and pepper</li> <li>1 bay leaf, whole</li> <li>½ t. crushed red pepper flakes or cayenne</li> </ul>	
<ol> <li>In a Dutch oven, heat oil over medium-high heat. and saute.</li> <li>In a blender or food processor, add tomatoes with basil, oregano, sugar, salt and pepper. Process until oven. Add bay leaf and stir in red pepper. Cover and Note. You can add an 8-oz. can of tomato sauce and sauce, too. It's so much better than the store bought make. Make up a large quantity and freeze in ready-</li> </ol>	liquid, tomato paste, smooth. Pour into Dutch simmer 1-1/2 hours. I use this as a spaghetti t stuff and very easy to
~ DEDICATION ~ DETERMINATION ~ DISCIPLINE ~ MsTified217@hotmail.com	
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	Click <u>here</u> to show the most recent reply fin <u>Pour It On (Condiments,</u> <u>and Dips)</u>   Thread: <b>Best Ever</b> uce	rst. <u>Send Topic To a Friend</u>
Author	Posting	
MsTified	Posted - 2 April 2004 18:59 🦉 🍓	
	<ul> <li>BEST EVER PIZZA SAUCE Yield: 2-1/2 cups</li> <li>3 T. olive oil</li> <li>1 onion, chopped</li> <li>2 garlic cloves, minced</li> <li>1 28 oz. can diced tomatoes</li> <li>1 6 oz. can tomato paste</li> <li>1-1/2 t. dried basil</li> <li>1 T. oregano</li> <li>2 t. sugar (substitute)</li> <li>t. each. salt and pepper</li> <li>1 bay leaf, whole</li> </ul>	
	<ul> <li>½ t. crushed red pepper flakes or cayenne</li> <li>1. In a Dutch oven, heat oil over medium-high heat. A and saute.</li> <li>2. In a blender or food processor, add tomatoes with libbasil, oregano, sugar, salt and pepper. Process until sr oven. Add bay leaf and stir in red pepper. Cover and s Note. You can add an 8-oz. can of tomato sauce and u sauce, too. It's so much better than the store bought s make. Make up a large quantity and freeze in ready-to ~ DEDICATION ~ DETERMINATION ~ DISCIPLINE ~</li> </ul>	iquid, tomato paste, nooth. Pour into Dutch simmer 1-1/2 hours. use this as a spaghetti stuff and very easy to
	MsTified217@hotmail.com	
	Click <u>here</u> to show the most recent reply find Click <u>here</u> to close thread (administrators & moderators of the click here).	
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Dressings a	Click <u>here</u> to show the most rece our It On (Condiments, nd Dips)   Thread: Wishbone n Ranch Salad Dressing	ent reply first. <u>Send Topic To a Friend</u>
Author	Posting	]
glitterskate	Posted - 18 June 2006 16:19 🔮 I live in Illinois and am looking to try the Salad Dressing which I have seen posted Somersizers. I have looked at Wal Mart a Does anyone have any ideas? Does anyon ranch dressing that is legal?	on the boards is legal for and HyVee but did not find it.
	Click here to show the most rece	ent reply first.

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	Pour It On (Condiments.s and Dips)   Thread: FrenchSend Topic To a Friendg
Author	Posting
jancupo	Posted - 8 April 2004 11:0 👮 🥘
	Does anyone know a good french dressing recipe. I use to love french dressing

and don't eat salad as much since I can't find a sugar free one?

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Forums	Pour It On (Condiments,	
<b>Dressing</b>	<u>s and Dips)</u>   Thread: <b>French</b>	Send Topic To a Friend
Dressing	]	
Author	Posting	
jancupo	Posted - 8 April 2004 11:0 👳 🍓	
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> Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).

Dressings a mayo-YUI	and Dips)   Thread: <b>homemade</b> M!	Send Topic To a Friend
Author	Pos	sting
heysue	Posted - 24 May 2006 9:1 🤵 🍓	
	This is the best and easiest mayonna Whir in a blender: 2 eggs 1 1/2 tsp. salt 1 tsp. dry mustard 1/2 tsp. paprika Clean down the sides. Add: 2 Tbsp. lemon juice Start blender, remove cover, and ver 1/2 C. oil. Add: 2 Tbsp. vinegar Slowly, with belender running, add: 1 1/2 C. oil	
	Sue	
	I want to be a loser!!	
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	Show All Forums	Back

nayo-YUI	and Dips)   Thread: homemade Send Topic To a Friend
Author	Posting
neysue	Posted - 24 May 2006 9:1 🤵 🍓
	This is the best and easiest mayonnaise recipe. Whir in a blender: 2 eggs 1 1/2 tsp. salt 1 tsp. dry mustard 1/2 tsp. paprika Clean down the sides. Add: 2 Tbsp. lemon juice Start blender, remove cover, and very slowly pour in: 1/2 C. oil. Add: 2 Tbsp. vinegar Slowly, with belender running, add: 1 1/2 C. oil
	Sue
	I want to be a loser!!
	Click here to show the most recent reply first. Click here to close thread (administrators & moderators only).

	Click here to show the r	nost recent reply fir	st.
	our It On (Condiments,		Cond Tania Tala Friend
viniagrette	nd Dips)   Thread: raspberry e?		Send Topic To a Friend
Author		Posting	
chelechele	Posted - 20 May 2006 9:42 👮 🚳		
	Would anyone have any idea how "bad" copy that I could alter to n thought even if I could use some have no idea how to begin. Or ev	nake legal? I love th of those syrups tha	is dressing and
	See you lighter, CheleChele		
	1lb. down 44 more to go		
	Click <u>here</u> to show the r Click <u>here</u> to close thread (admi	1.5	
	Show All For	ums   <u>Back</u>	

	Click <u>here</u> to show the r	most recent reply fir	st.
	our It On (Condiments,		
viniagrette	nd Dips)   Thread: raspberry		Send Topic To a Friend
		Dection	
Author		Posting	
chelechele	Posted - 20 May 2006 9:42 🖉 🍓		
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	Show All For	<u>ums</u>   <u>Back</u>	

Dressings BBQ Sau	s and Dips)   Thread: Marlboro Send Topic To a Friend
Author	Posting
beebee1	Posted - 10 May 2006 7:50 👳 🍓
	I got this recipe from a Marlboro cookbook & made a few adjustments so it is ss'd.
	Marlboro BBQ Sauce 1 c strong black decaf coffee 1 c Worcestershire sauce 1 c legal ketchup (I use my own homemade) 1/2 c cider vinegar 3 T Chili powder 2 tsp salt (I omit) 2 c chopped onion 1/4 c minched hot chili peppers (your choice) 6 cloved garlic, minced Splenda or sf honey, to your taste preference
	Combine all ingredients in a large saucepan and simmer 25 minutes. Press through a food mill or puree in a food processor or blender.
	For a thicker sauce, return to saucepan and simmer 15-20 minutes. Refrigerate between uses.
	Makes about 1 quart.
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).
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Dressings	Click <u>here</u> to show the most recent reply fir <u>our It On (Condiments,</u> and Dips)   Thread: <b>Really good</b> se dressing!	st. Send Topic To a Friend
Author	Posting	
carolannb	Posted - 12 March 2006 11:32 🦉 🖏	
	Bleu cheese dressing	
	<ol> <li>c mayonaise</li> <li>1-2 Tbsp minced red onion</li> <li>1-1/2 tsp minced garlic</li> <li>1/2 c sour cream</li> <li>2 Tbsp lemon juice</li> <li>1/2 c crumbled bleu cheese</li> <li>cream to thin if you think it's too thick</li> <li>salt and pepper to taste</li> </ol>	
	Mix it all together (I sort of mushed up the bleu chees let sit overnight in fridgeenjoy!	se while stirring) and
	Click <u>here</u> to show the most recent reply fir Click <u>here</u> to close thread (administrators & moderators o	
	Show All Forums   Back	

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Forums       Pour It On (Condiments,         Dressings and Dips)         Thread: Curry Dip -         to die for!       Send Topic To a Fried			
Author	Posting		
MsFit	Posted - 23 January 2006 11:50 🖉 🍓		
	This is a dip/sauce that I have been making for years, and for those who lik curry seasoning you'll go nuts for it. I especially like serving it with grilled peppers, onions and zuke but it goes excellent with grilled beef and lamb, I also like using it as a dip with jicama and other crunchie vegetables. It's so simple, but so good. Hope you enjoy it as much as I do.		
	1 cup mayo 1 tblsp or more curry powder (I like Tone's best) 2-3 tsp soy sauce 1 small clove garlic crushed		
	mix together and allow flavors to develop a bit - that's it.		
	I am really bad for measurements so they are not exact I just throw everything in until it looks/tastes right.		
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Click here to show the most recent reply first.         Forums   Pour It On (Condiments,         Dressings and Dips)   Thread: Curry Dip -         to die for!			
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	<u>our It On (Condiments,</u> and Dips)   Thread: <b>green</b>	Send Topic To a Friend	
Author	Posting		
missyjean	Posted - 5 April 2006 6:51 👮 🍓		
	Not too long ago I printed a green goddess recipe from these boards. Now I can't find it? Any suggestions? (I don't believe it was Suzanne's but from a cookbook and it had anchovies in it.		

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Author	Posting	
missyjean	Posted - 5 April 2006 6:51 👮 🚳	
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	Click <u>here</u> to show the most recent reply first. <u>Pour It On (Condiments,</u> <u>s and Dips)</u>   Thread: <b>Shrimp</b> <u>Send Topic To a Friend</u> <b>Sauce</b>		
Author	Posting		
dottiea	Posted - 5 April 2006 7:42 🤵 🍓		
	I am posting this recipe for my friend Carolannb from the Level One Menus board. I'm not a good cook but this is a tried and true cocktail sauce which we love with our shrimp. Some might not consider it level one because of the worcestershire sauce but I've never had a problem with it.		
	<ul> <li>1/2 cup sf ketchup (I use Westbrae brand)</li> <li>1 teaspoon chili powder</li> <li>3 tablespoons lemon juice</li> <li>1 tablespoon worcestershire sauce</li> <li>1 tablespoon prepared horseradish, NOT sauce</li> <li>1 tablespoon finely minced onion</li> <li>1 tablespoon finely minced celery (optional)</li> <li>salt, pepper and Tabasco sauce to taste</li> </ul>		
	Mix all ingredients together in a small bowl. Adjust seasonings to taste and refrigerate. This is enough sauce for about 1 pound of shrimp.		

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	Click <u>here</u> to show the most recent reply first. <u>Pour It On (Condiments,</u> <u>s and Dips)</u>   Thread: <b>Shrimp</b> <u>Send Topic To a Friend</u> <b>Sauce</b>		
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humus	and Dips)   Thread: Black bean Send Topic To a Friend
Author	Posting
matantej	Posted - 11 January 2006 15:18 🤵 🍓
	Black bean humus 1 15-oz can black beans, drained 1 cup chickpeas, drained 1 Tbsp. lemon juice 1/4 to 1/2 cup fresh cilantro, chopped 1 tsp. ground cumin 1/2 tsp. ground ginger 1/2 tsp. paprika 2 cloves garlic, minced Salt and pepper to taste Combine all ingredients in a food processor and process until smooth.
	Janet started over again 1-1-05 286/263/?
	Edited by - matantej on 3/28/2006 5:56:00 PM
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 $http://legacy.suzannesomers.com/...=Black+bean+humus\&forum_title=Pour+It+On+\%28Condiments\%2C+Dressings+and+Dips\%29\&M=False[9/8/14, 9:54:45~AM]$ 

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humus	Desting
Author matantej	Posted - 11 January 2006 15:18 🖉 🍓
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 $http://legacy.suzannesomers.com/...ean+humus\&forum_title=Pour+It+On+\%28Condiments\%2C+Dressings+and+Dips\%29\&M=False\&S=True[9/8/14, 9:54:50~AM]$ 

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	Pour It On (Condiments, and Dips)   Thread: <b>steak</b> e	Send Topic To a Friend	
Author	Posting		
cubbiegal	Posted - 18 July 2004 5:35 🦉 🍓		
	This is a steak marinade my family has used for years. It is best to marinade your steak at least 1 day to get the full flavor. I like to use sirloin tip steak and cube it for shish kabobs and then put mushrooms, green peppers and vidalia onions mixed in with the steak on the skewers.		
	<ul> <li>4 Tablespoons oil</li> <li>5 T soy sauce</li> <li>3 T lemon juice</li> <li>1/2 t black pepper</li> <li>1 T wostershire sauce</li> </ul>		
	Click <u>here</u> to show the most recent reply Click <u>here</u> to close thread (administrators & moderate		

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	Click here to show the most recent reply first.				
Forums   Pour It On (Condiments,         Dressings and Dips)   Thread: steak       Send Topic To a         marinade       Send Topic To a					
Author	Posting				
cubbiegal	Posted - 18 July 2004 5:35 🦉 🍓				
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	Click here to show the most recent reply f Click here to close thread (administrators & moderators				

lollandais	<u>nd_Dips)</u>   Thread: <b>THE BEST</b> e	Send Topic To a Frier
Author	Pos	ting
Debits2000	Posted - 18 March 2006 7:4 🤵 🍓	
	This is made in the blender and is no this is and how good it is. This is so v like broccoli, asparagus or with artiche Benedict( recipe at end).	versatile, you can use it on veggies
	Ingredients: 3 egg yolks 2 T fresh lemon juice pinch of cayenne pepper 1/4 t. salt 1 stick butter	
	Directions: Place the eggs yolks, lemon juice and in a panuntil it starts to bubble. Do N on the blender, turn it on to HIGH an remove the top [or use the opening it eggs in a steady stream. By the time seconds- the sauce should be finished high. Serve at once. {NOTE: do not m as there would not be enough heat to Sauce doesn't reheat well, so use it a From "Joy of Cooking"	OT let it turn brown. With the cover id blend the eggs for 3 seconds, the in top] and pour the butter over the the butter is poured in - about 30 I. If not, blend for 5 more seconds on take in a smaller quantity than giver is cook the eggs. Make 1 cup.
	To make Eggs Benedict	
	Poach eggs, place eggs on a dish, cov hollandaise over themyum.	ver with bacon [or ham] and pour
	Debi "Everything is better the second time ~~6 weeks later and 9.5 pounds light	
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lollandaise	nd Dips)   Thread: <b>THE BEST</b> e	Send Topic To a Frier
Author	Post	ing
Debits2000	Posted - 18 March 2006 7:4 🤵 🍓	
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Dressing	Click <u>here</u> to show the most recent reply first.   <u>Pour It On (Condiments.</u> <u>gs and Dips)</u>   Thread: <b>Sugar Free</b> <u>Send Topic To a Friend</u> ti Sauce?		
Author	Posting		
RuthF	Posted - 26 July 2005 13:21 🖉 🖏		
	I can't remember seeing a sugar free spagetti sauce in the store I shop in. Can you tell me what Brand you buy and where you get it? I live in NC. Also can you use it with whole wheat noodles for a carb meal? Thanks,		
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).		
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Dressing	Click <u>here</u> to show the most recent reply first.   <u>Pour It On (Condiments.</u> <u>gs and Dips)</u>   Thread: <b>Sugar Free</b> <u>Send Topic To a Friend</u> ti Sauce?	
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Dressings	Click here       to show the most recent reply first.         Forums   Pour It On (Condiments,         Dressings and Dips)         Thread: Does         Send Topic To a Friend         anyone remember the southwest dip?		
Author	Posting		
loopylisa	Posted - 19 February 2006 9:14 🤵 🍓		
	I bought the dip mixes early on and could have sworn "southwest" one in there. Anyone remember it? Does s have a recipe to re-create it? I LOVE that stuff!		
	Thanks! Lisa		
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Dressings	Click <u>here</u> to show the most recent reply first. <u>Forums   Pour It On (Condiments.</u> <u>Dressings and Dips)</u>   Thread: <b>Does</b> <u>Send Topic To a Frience</u> anyone remember the southwest dip?		
Author	Posting		
loopylisa	Posted - 19 February 2006 9:14 🤵 🍓		
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Dressing	Click here to show the most recent reply first.         Forums   Pour It On (Condiments,         Dressings and Dips)   Thread: Gorgonzola       Send Topic To a Friend         Dressing		
Author	Posting		
Pass the	Posted - 9 March 2006 15:59 🖉 🍓		
'taters	Gorgonzola Dressing		
<ul> <li>2 c. mayonnaise</li> <li>1 c. sour cream</li> <li>1/2 c. balsamic vinegar</li> <li>4 garlic cloves, minced</li> <li>freshly ground black pepper, to taste</li> <li>2/3 c. gorgonzola cheese (may substitute with blue cheese)</li> <li>Blend first 5 ingredients in a blender until thoroughly mixed. Add gorge and pulse a few times. Let sit in refrigerator for several hours or overr before serving. I like to add a red onion to the salad when serving this dressing as the flavors go well together. Whenever I make it for comparison</li> </ul>			
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Dressing	Click here to show the most recent reply first.         Forums   Pour It On (Condiments,         Dressings and Dips)   Thread: Gorgonzola       Send Topic To a Friend         Dressing		
Author	Posting		
Pass the	Posted - 9 March 2006 15:59 🖉 🍓		
'taters	Gorgonzola Dressing		
<ul> <li>2 c. mayonnaise</li> <li>1 c. sour cream</li> <li>1/2 c. balsamic vinegar</li> <li>4 garlic cloves, minced</li> <li>freshly ground black pepper, to taste</li> <li>2/3 c. gorgonzola cheese (may substitute with blue cheese)</li> <li>Blend first 5 ingredients in a blender until thoroughly mixed. Add gorge and pulse a few times. Let sit in refrigerator for several hours or overr before serving. I like to add a red onion to the salad when serving this dressing as the flavors go well together. Whenever I make it for comparison</li> </ul>			
	Click here to show the most recent reply first.		

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	Click <u>here</u> to show the most recent reply fi ur It On (Condiments, ad Dips)   Thread: Catalina sing	irst. <u>Send Topic To a Friend</u>
Author	Posting	
Debits2000	Posted - 5 March 2006 11:30 🤵 🍓	
	This is my all time favorite and I miss it! Does any Thanks: o)	one have a SS version?
	Debi "Everything is better the second time around!"	
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<u>Dressings a</u>	Click here to show the most recent reply first.         Forums   Pour It On (Condiments,         Dressings and Dips)   Thread: Catalina       Send Topic To a Friend         Salad Dressing		
Author	Posting		
Debits2000	Posted - 5 March 2006 11:30 🤵 🍓		
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	Debi "Everything is better the second time around!"		
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	Click <u>here</u> to show the most recent reply firs ur It On (Condiments, ad Dips)   Thread: Cheese	Send Topic To a Friend
Author	Posting	
phoffer	Posted - 4 November 2004 6:53 🦉 🍓	
	<ul> <li>1 c heavy cream</li> <li>1/2 c water</li> <li>1 lb cheddar cheese</li> <li>1/4 tsp garlic salt</li> <li>1 tsp mustard</li> <li>1/4 tsp paprika</li> <li>1/4 tsp worcestershire sauce</li> <li>use double boiler or pan with water and set</li> <li>bowl ontop add all ingredients and stir</li> <li>frequently until all is melted and smooth</li> <li>This is great over broccoli cauliflower</li> <li>or other veggies and fish. Enjoy!!</li> </ul>	
	Patricia Hoffer	
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	<u>ur It On (Condiments,</u> I <u>d Dips)</u>   Thread: <b>Cheese</b>	Send Topic To a Friend
Author	Posting	
phoffer	Posted - 4 November 2004 6:53 🖉 🍓	
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	Patricia Hoffer	
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Click <u>here</u> to show the most recent reply first. <u>Forums   Pour It On (Condiments.</u>			
	nd Dips)   Thread: House (great on beef!)		Send Topic To a Friend
Author		Posting	
iwillrejoice	Posted - 17 February 2006 9:24	Q	
	I've been meaning to re-post mix as part of a posting by Ily seasons her prime rib roasts, someone on the Food Networ	y72 in the Beef recipe f & the original recipe a	orum here. It's how she
	I've decided that this mix is s jar on the back of my stove, especially steaks. It's as simp - not too salty (IMO).	for constant use! I love	e it on all forms of beef,
	Anyway, here you go. I cut th quantity.	ne recipe by 1/4, for m	ore a more manageable
	House Seasoning, posted by I	ly72, 10 March 2004.	
	1/4 cup salt 1 Tbsp. black pepper 1 Tbsp. garlic powder		
	Mix ingredients together and months.	store in an airtight con	tainer for up to 6
	How easy is that !?!		
	Gail		
	minus 43 and counting		
		he most recent reply fin administrators & moderators of	
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Click <u>here</u> to show the most recent reply first. <u>Forums   Pour It On (Condiments,</u> <u>Dressings and Dips)</u>   Thread: <b>House</b> <u>Seasoning (great on beef!)</u>			
Author		Posting	
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Click here to show the most recent reply first.		
Forums   Pour It On (Condiments,		
Dressings and Dips)   Thread: Greek Salad	Send Topic To a Friend	
Dressing		
Author Posting		

To make legal Greek Salad Dressing: In a blender [or a jar] combine 1 part lemon juice and 2 parts olive oil[if using a blender drizzle in the oil so it thickens]. Then add the following spices: oregano, dill weed, fresh chopped garlic, black pepper. Blend again. You can add crumbled Feta cheese at this point and store in a container until chilled. Pour over salad or use as a marinade.

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Forums   Pour It On (Condiments,		
Dressings and Dips)   Thread: Greek Salad	Send Topic To a Friend	
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Author	Posting
Debits2000	Posted - 15 February 2006 18:22 🦉 🦉
Does anyone have a recipe? I am looking for a way to thicken pan drippings. Thanks!	
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Author		Posting	
Debits2000	Posted - 15 February 2006 18:22	8	
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Click here to show the most recent reply first.         Forums   Pour It On (Condiments.         Dressings and Dips)   Thread: Fiesta         Send Topic To a Friend         cheese dip			
Author	Posting		
matantej	Posted - 26 January 2006 4:22 👮 🖏		
	Fiesta cheese dip 2 8-oz. packages cream cheese, softened 1 cup sharp cheddar cheese, shredded 1 jalapeno pepper, seeded and finely chopped 1 8-oz. container sour cream 1 Tbsp. green onions, chopped One half tsp. ground red pepper Combine all ingredients and mix with a hand mixer until smooth. Place in a small baking dish and bake for 20 minutes at 350 degrees.		
	Janet started over again 1-1-05 286/263/?		
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Click here to show the most recent reply first.         Forums   Pour It On (Condiments.         Dressings and Dips)   Thread: Fiesta         Send Topic To a Friend         cheese dip			
Author	Posting		
matantej	Posted - 26 January 2006 4:22 👷 🍓		
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Click here to show the most recent reply first.         Forums   Pour It On (Condiments,       Send Topic To a Friend         Dressings and Dips)   Thread: Original Dill       Send Topic To a Friend         Dip       Send Topic To a Friend		
Author	Posting	
janland	Posted - 11 February 2006 9:56 🦉 🍓	
	<ul> <li>2 C. each of mayo and sour cream</li> <li>3 Tbs. onion flakes</li> <li>2 Tbs. dill weed</li> <li>1 Tbs. parsley flakes</li> <li>2 tsp. accent</li> <li>2-3 tsp. Lawry's Seasoned salt</li> </ul>	
	Blend and chill well. Use with cut, raw veggies.	
	Janice	

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Click <u>here</u> to show the most recent reply first. Forums   Pour It On (Condiments, Dressings and Dips)   Thread: Original Dill Send Topic To a Friend Dip		
Author	Posting	
janland	Posted - 11 February 2006 9:56 🤵 🍓	
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	Janice	

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Author	Posting	
marie172	Posted - 8 February 2006 4:44 🦉 🚳	
	I was looking for a different recipe and came across this one - A carb dressing! No, I haven't tried it, but doesn't it look interesting?	
	Tomato Yogurt Dressing	
	1c nonfat yogurt 1 tsp lemon juice	
	<ul><li>1/2 tsp sugar (substitute equivalent)</li><li>1/4 tsp salt</li></ul>	
	1 Tbsp tomato sauce	
	Combine all ingredients, chill before serving	J.
	Click here to show the most rece	nt reply first.

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	Click <u>here</u> to show the most <u>Pour It On (Condiments,</u> and Dips)   Thread: <b>Tomato</b> ressing	recent reply first. <u>Send Topic To a Friend</u>
Author	Pos	ting
marie172	Posted - 8 February 2006 4:44 🤵 🍓	
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	1 Tbsp tomato sauce	
	Combine all ingredients, chill before se	erving.
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	Click <u>here</u> to show the m <u>t On (Condiments,</u> <u>ips)</u>   Thread: <b>Elaine's</b>	ost recent reply fir	st. <u>Send Topic To a Friend</u>
Author		Posting	
wired_foxterror	Posted - 22 April 2004 16:29 👮	<b>Q</b>	
	Elaine's Puttanesca Sauce		
	<ol> <li>tsp olive oil</li> <li>cup chopped onion</li> <li>minced garlic cloves</li> <li>tsp balsamic vinegar</li> <li>Tbsp Somersweet (1 Tbsp 1</li> <li>Tbsp chopped fresh basil (2</li> <li>Tbsp tomato paste</li> <li>tsp Italian seasoning</li> <li>tsp black pepper</li> <li>cans diced tomatoes – do n</li> <li>cup pitted olives (green)</li> <li>Tbsp chopped fresh parsley</li> <li>Tbsp capers</li> <li>tsp anchovy paste</li> <li>tsp crushed red pepper</li> </ol>	tsp dried)	
	Heat oil in saucepan on Media sautee for 5 minutes. Stir in (vinegar thru tomatoes) and I and cook uncovered for about ingredients and cook until hea	balsamic vinegar a pring to a boil. Red 15 minutes. Stir i	nd next 6 ingredients luce heat to medium
	I used to use fresh tomatoes tomatoes are much quicker, e		
	wiredfoxterror		
	Losing-Losing-Gone!		
	Click <u>here</u> to show the m Click <u>here</u> to close thread (admini		
	Show All Foru	ms   <u>Back</u>	

Dressing's and D	Click <u>here</u> to show the m <u>t On (Condiments,</u> <u>hips)</u>   Thread: <b>Elaine's</b>	ost recent reply fir	st. <u>Send Topic To a Friend</u>
Puttanesca Sau Author	lce	Posting	
	Posted - 22 April 2004 16:29 👳	R	
	Elaine's Puttanesca Sauce 1 tsp olive oil 1 cup chopped onion		
	<ul> <li>4 minced garlic cloves</li> <li>2 tsp balsamic vinegar</li> <li>¼ Tbsp Somersweet (1 Tbsp 3)</li> <li>1 Tbsp chopped fresh basil (2)</li> <li>2 Tbsp tomato paste</li> <li>½ tsp Italian seasoning</li> <li>¼ tsp black pepper</li> <li>2 cans diced tomatoes – do n</li> <li>¼ cup pitted olives (green)</li> <li>2 Tbsp chopped fresh parsley</li> <li>1 Tbsp capers</li> <li>½ tsp anchovy paste</li> <li>¼ tsp crushed red pepper</li> <li>Heat oil in saucepan on Mediu</li> </ul>	tsp dried) ot drain	ion and garlic and
	sautee for 5 minutes. Stir in 1 (vinegar thru tomatoes) and 1 and cook uncovered for about ingredients and cook until hea	balsamic vinegar a bring to a boil. Red 15 minutes. Stir i ated thru.	nd next 6 ingredients uce heat to medium n olives and remaining
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Red Sauce	<u>Dips)</u>   Thread: <b>Elaine's</b>		Send Topic To a Friend
Author		Posting	
wired_foxterror	Posted - 22 April 2004 16:27 🖉	0	
	Elaine's Red Sauce (Easy*Easy)		
	<ol> <li>tsp olive oil</li> <li>cup chopped onion</li> <li>garlic cloves, minced</li> <li>Tbsp balsamic vinegar</li> <li>Tbsp Somersweet (or 1 Tbsp Splenda)</li> <li>Tbsp chopped fresh basil (or 2 tsp dried basil)</li> <li>Tbsp tomato paste</li> <li>tsp Italian seasoning</li> <li>tsp black pepper</li> <li>cans diced tomatoes – do not drain (14.5 oz can size)</li> <li>Tbsp chopped fresh parsley (or cilantro)</li> </ol>		
	Heat oil in saucepan over me sautee 5 minutes. Stir in bals (vinegar thru tomatoes) and and cook uncovered – 15 min more of a blended sauce – an	samic vinegar and being to a boil. Re ns for "fresh" firm	next 6 ingredients duce heat to medium
	Sometimes I use crushed or Crushed tomatoes give you a give you a chunkier sauce.		
	Wiredfoxterror		
	Losing-Losing-Gone!		
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	<u>Dips)</u>   Thread: Elaine's		Send Topic To a Friend
Author		Posting	
wired_foxterror	Posted - 22 April 2004 16:27 🖉	ð	
	Elaine's Red Sauce (Easy*Easy)		
	<ol> <li>tsp olive oil</li> <li>cup chopped onion</li> <li>garlic cloves, minced</li> <li>Tbsp balsamic vinegar</li> <li>Tbsp Somersweet (or 1 Tbsp Splenda)</li> <li>Tbsp chopped fresh basil (or 2 tsp dried basil)</li> <li>Tbsp tomato paste</li> <li>tsp Italian seasoning</li> <li>tsp black pepper</li> <li>cans diced tomatoes – do not drain (14.5 oz can size)</li> <li>Tbsp chopped fresh parsley (or cilantro)</li> </ol>		
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	Wiredfoxterror		
	Losing-Losing-Gone!		
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	Click <u>here</u> to show the most recent reply first.   <u>Pour It On (Condiments,</u> <u>Is and Dips)</u>   Thread: <b>Shroom Dip</b> <u>Send Topic To a Friend</u>	
Author	Posting	
Pat Polito	Posted - 1 April 2005 8:13 🤵 🍓	
	Thanks Twig for the inspiration behind the creation of this dip!	
	Ingredients:	
1 cup daisy Sour Cream		
	1/2 cup Hellmans Real mayo	
3/4 tsp. ss shitake five spice mushroom rub 1 Tbsp. green pepper, finely chopped 1 Tbsp. red pepper, finely chopped		
	Mix all of the above ingredients together until well blended. Place in a lidded container in refridge. Chill for at least 3 hours before serving or until well chilled. Serve with your choice of veggies Enjoy! Now if you really like this dip you may want to try it as an ice cream, posted under Desserts, level 1 as Ice Cream for The Brave. However, I for one would stick to the dip!	
	SisterPat	
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	Click <u>here</u> to show the most recent reply first.   <u>Pour It On (Condiments.</u> <u>(as and Dips)</u>   Thread: <b>Shroom Dip</b>	
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	1/2 cup Hellmans Real mayo	
	3/4 tsp. ss shitake five spice mushroom rub 1 Tbsp. green pepper, finely chopped	
1 Tbsp. red pepper, finely chopped		
	3 slices crispy cooked bacon, crumbled	
	Mix all of the above ingredients together until well blended. Place in a lidded container in refridge. Chill for at least 3 hours before serving or until well chilled. Serve with your choice of veggies Enjoy! Now if you really like this dip you may want to try it as an ice cream, posted under Desserts, level 1 as Ice Cream for The Brave. However, I for one would stick to the dip!	
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	Click <u>here</u> to show the most recent reply first. <u>our It On (Condiments,</u> <u>nd Dips)</u>   Thread: <b>another</b> <u>Send Topic To a Friend</u> <b>Dip</b>	
Author	Posting	
September	Posted - 6 April 2005 16:22 🤵 🍓	
	After reading Pat's recipe, (posted separately as Shroom Dip) I was off to the kitchen. I discovered that I didn't have any bacon, so I improvised. Here is my version.	
	1 cup sour cream 1/2 cup mayo 1/2 teaspooon of the Citrus Champignon mushroom rub (I think you could use whichever rub you prefer)	
	Mix everything together and refrigerate it for at least 1/2 hour to let everything meld.	
	This was just awesome with red bell pepper strips and with sugar snap peas! Yum!!	
	I'm so glad to have yet another great use for these fabulous rubs. :) And special thanks to Pat and to Twiggy for coming up with the idea	
	~September~ 274/184/160ish start date: August 1, 2001 Cheat? Why? I already eat the best food in the world!!	
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Click here to show the most recent reply first.         Forums   Pour It On (Condiments,         Dressings and Dips)   Thread: Coctail       Send Topic To a Friending         Sauce		
Author	Posting	
carolannb	Posted - 31 January 2006 13:16 🦉 🛯 💐	
	I just made this today and it was pretty tasty.	
	<ul><li>1/2 c sf ketsup</li><li>zest and juice from 1/2 lemon</li><li>1/4 tsp Worcestershire sauce</li><li>1-1/4 tsp horseradish</li><li>1 tsp Splenda</li></ul>	
	Enjoy! Click <u>here</u> to show the most recent Click <u>here</u> to close thread (administrators & mo	

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Click here to show the most recent reply first.         Forums   Pour It On (Condiments,         Dressings and Dips)   Thread: Coctail       Send Topic To a F         Sauce		
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carolannb	Posted - 31 January 2006 13:16 🦉 🏾 🚳	
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	Click <u>here</u> to show the most recent reply first. Pour It On (Condiments, and Dips)   Thread: Lemon Send Topic To a Friend te
Author	Posting
matantej	Posted - 26 January 2006 4:26 🖉 🍓
	Lemon Vinaigrette One quarter cup lemon juice 3 Tbsp. olive oil One quarter cup sour cream 2 tsp. sugar (use sweetener) One quarter tsp. red pepper flakes Salt and pepper to taste Combine in a salad cruet and shake. Place all ingredients in a large serving bowl. Just before serving, pour vinaigrette over salad and toss.
	Janet started over again 1-1-05 286/263/?
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	Click <u>here</u> to show the most recent reply first. <u>Pour It On (Condiments.</u> <u>s and Dips)</u>   Thread: <b>Creamy</b> <u>Send Topic To a Friend</u> <b>Dip</b>		
Author	Posting		
Emerald	Posted - 11 December 2005 9:57 🤵 🍓		
	CREAMY SPINACH DIP		
	<ul> <li>1 8-ounce package of cream cheese (cube it)</li> <li>2 TBSP grated Parmesan cheese</li> <li>2 TSP finely chopped onion</li> <li>1/2 TSP thyme</li> <li>1/2 of 10-ounce box frozen chopped spinach, thawed and drained (save the other 5 oz for another time)</li> <li>1/4 cup whipping cream</li> <li>2 TBSP diced pimento</li> <li>1/4 TSP garlic salt</li> <li>1 TSP Worcestershire sauce</li> </ul>		
	Combine cream cheese and whipping cream in greased Little Dipper (e.g. Rival's mini-crock pot). Cover and heat until cheese is melted, 30-60 minutes Add remaining ingredients. Cover and heat 30 minutes. Serve with raw vegetables.		
	NOTE: I got this from the Little Dipper manual that came with the mini-crock pot. But this could easily be made on the stove.		
	NOTE FOR VEGETARIANS: I excluded the Worchestershire (since it is made with anchovies and thus not vegetarian). Also, most parmaseans are made with animal rennet as the "enzyme" on the ingredients list. Animal rennet is the intestines from a suckling mammal used to curdle most cheeses. I found that Dubliner cheese (the enzyme used is from a plant extract) was an excellent substitute in this recipe.		

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	Click <u>here</u> to show the most recent reply first. <u>Pour It On (Condiments,</u> <u>s and Dips)</u>   Thread: <b>Creamy</b> <u>Send Topic To a Friend</u> <b>Dip</b>
Author	Posting
Emerald	Posted - 11 December 2005 9:57 👳 🖏
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	Pour It On (Condiments,		
-	and Dips)   Thread: Spinach Dip	<u>Send Topic To a Friend</u>	
Recipe			
Author	Posting		
mamabj	Posted - 25 January 2006 12:16 🦉 🍓		
	Does anyone have a Spinach Dip Recipe and what d	o you serve it with?	

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Dressings	Click <u>here</u> to show the most recent <u>Pour It On (Condiments,</u> <u>and Dips)</u>   Thread: <b>Spinach Dip</b>	reply first. <u>Send Topic To a Friend</u>
Recipe		
Author	Posting	
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Dressings a	Click <u>here</u> to show the most recent reply fir our It On (Condiments, nd Dips)   Thread: "Honey" pping Sauce	st. <u>Send Topic To a Friend</u>
Author	Posting	
tpfriend	Posted - 20 January 2006 17:39 🖉 🍓	
	(from Dana Carpender's "15-Minute Low-Carb Recipe	s")
	1/4 cup mayonnaise	
	2 tablespoons spicy mustard	
	1 teaspoon Splenda	
	Simply combine everything , and you're all set.	
	Click <u>here</u> to show the most recent reply fir Click <u>here</u> to close thread (administrators & moderators o	
	Charles All Families   Darle	

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<u>Dressing</u> Cream	<u>gs and Dips)</u>   Thread: Cilantro	Send Topic To a Friend
Author	Posting	
Kisa 1	Posted - 17 January 2006 17:31 🦉 🍓	
	This is a favorite of ours for a "faux" guacamole. A gre black bean soup or on a bean taco-seasoned salad.	at topper dolloped on a
	Prior to Somersizing this recipe came in handy any timplanned and the avocadoes weren't ripe. ha!	e I had a mexican meal
	PRO/FATS	
	<ul><li>1/4 cup plus 2 Tblsp Sour Cream or Cream Fraice</li><li>3 Tblsp. Cream</li><li>2 Tbsp. chopped fresh Cilantro</li><li>Salt, Pepper, and Garlic Powder to taste.</li></ul>	
	Mix all ingredients in a bowl with hand mixer, or use a	blender.
	CARBO	
	In place of the sour cream, substitute homemade fat from the cream cheese. In place of cream to thin, use ff milk.	ree yogurt cheese, or ff
	Edited by - Kisa 1 on 1/17/2006 6:32:19 PM	
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	Click here to show the most recent reply first.Pour It On (Condiments, and Dips)   Thread: Baked crabSend Topic To a Friend
Author	Posting
matantej	Posted - 11 January 2006 15:13 🤵 🍓
	RECIPE: BAKED CRAB DIP INGREDIENTS: 1 package (8 oz) cream cheese, softened 1 can (6 oz) crabmeat 2 tablespoons grated onion 1 tablespoon cream 1/2 teaspoon salt 1/4 teaspoon pepper 1/4 teaspoon Worcestershire sauce 1 tablespoon finely sliced green onions, for garnish DIRECTIONS: In a medium bowl, combine cream cheese, crabmeat, onion, cream, salt, pepper, and Worcestershire sauce. Stir well. Place mixture in an ovenproof serving dish; sprinkle with a little paprika. Bake at 375 degrees for about 15 minutes, or until thoroughly heated. Sprinkle with sliced green onion. Yield: Approx. 2 cups
	Janet started over again 1-1-05 286/263/?
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our Oil an	<u>nd_Dips)</u>   Thread: <b>Sweet n'</b> d Vinegar Dressing	Send Topic To a Frier
Author		Posting
aturelover	Posted - 16 February 2004 22:56 🛛 👮	8
	I have adapted my Mom's own cr extended family's favoriteas I h	eation which has become our entire ope it will yours.
	Into a glass container add and m 1 cup Extra Virgin Olive Oil 1/2 tsp garlic powder 1/2 tsp celery salt 1 1/2 tsp onion salt 1/4 tsp pepper 1/2 tsp powdered mustard 1 Tbl parsley flakes 2 tsp celery flakes	ix:
	minute): 1/2 cup white vinegar	boiling, stirring (only takes about one olenda (you could use all Somersweet, oductsno aftertaste)
	overnight, if you can, for best flat	oil, stirring well. Cover and refrigerate voring. (otherwise a couple of hours will salad so that you get some of the bottom. :>)
	Note: this is a very light dressing imagineable.	and goes with just about any meal
	out on the counter for an hour or	to "set up" in the frig. it is good to set it so while you are preparing dinner, so a can return to frig. and it will be fine.
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Author	Posting
aturelover	Posted - 16 February 2004 22:56 👳 🖏
	I have adapted my Mom's own creation which has become our entire extended family's favoriteas I hope it will yours.
	Into a glass container add and mix: 1 cup Extra Virgin Olive Oil 1/2 tsp garlic powder 1/2 tsp celery salt 1 1/2 tsp onion salt 1/4 tsp pepper 1/2 tsp powdered mustard 1 Tbl parsley flakes 2 tsp celery flakes
	In a small saucepan heat just to boiling, stirring (only takes about one minute): 1/2 cup white vinegar 1 Tbl Somersweet + 7 packets Splenda (you could use all Somersweet, but I like the taste using both productsno aftertaste)
	Pour the vinegar mixture into the oil, stirring well. Cover and refrigerate overnight, if you can, for best flavoring. (otherwise a couple of hours will work) Stir and Spoon it over the salad so that you get some of the goodies that tend to settle to the bottom. :>)
	Note: this is a very light dressing and goes with just about any meal imagineable.
	Alsobecause the olive oil tends to "set up" in the frig. it is good to set out on the counter for an hour or so while you are preparing dinner, so that it will liquify again. Then you can return to frig. and it will be fine. Enjoy! naturelover Mary
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<u>Forums   Pour It On (Condiments.</u> <u>Dressings and Dips)</u>   Thread: <b>Gravy??</b>		Send Topic To a Friend
Author	Postin	g
vertically_challenged	Posted - 18 February 2004 13:9	<b>Q</b>
	Anyone have any good gravy re	ecipes!?
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Forums   Pour It On (Condimer Dressings and Dips)   Thread: (		Send Topic To a Friend
Author	Posti	ng
vertically_challenged	Posted - 18 February 2004 13:9	8
	Anyone have any good gravy	recipes!?
	to show the most recent reply	

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Click <u>here</u> to show th Forums   <u>Pour It On (Condiments,</u> <u>Dressings and Dips)</u>   Thread: <b>Mayonaise</b>	ne most recent reply fi	rst. <u>Send Topic To a Friend</u>
Author	Posting	
FrozH2O Posted - 10 November 2005 6:44	8	
(I took this from The agg course	il website. It has a let	of and regimes. Many of

(I took this from The egg council website. It has a lot of egg recipes. Many of them are adaptable to somersizing. I thought that this might be helpful for those who can't get helmans.

http://www.aeb.org/Recipes/EggClassics/COOKEDMAYONNAISE.htm )

Mayonaise (yeilds aprox. 1 1/4 cups)

- 2 egg yolks
- 2 tablespoons vinegar or lemon juice
- 2 tablespoons water
- 1 teaspoon sugar substitute or equivalant
- 1 teaspoon dry mustard
- 1/2 teaspoon salt
- Dash pepper
- 1 cup cooking oil

In small saucepan, stir together egg yolks, vinegar, water, sugar, mustard, salt and pepper until thoroughly blended. Cook over very low heat, stirring constantly, until mixture bubbles in 1 or 2 places. Remove from heat. Let stand 4 minutes. Pour into blender container. Cover and blend at high speed. While blending, very slowly add oil. Blend until thick and smooth. Occasionally, turn off blender and scrape down sides of container with rubber spatula, if necessary. Cover and chill if not using immediately.

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Click <u>here</u> to show the most recent reply first. <u>Forums   Pour It On (Condiments,</u> <u>Dressings and Dips)</u>   Thread: <b>Aunt</b> <u>Send Topic To a Fri</u> <b>Lavella's Blue Cheese Dressing</b>				
Author	Posting			
tammie4773	Posted - 6 December 2005 19:44 👷 🍓			
	I'm new here and I wanted to share my dear aunt Lavella's Blue Cheese Dressing/ Dip with you. My aunt Linda has been Somersizing for years and always makes it.			
	LaVella's Blue Cheese Dressing			
	2/3 Cup Sour Cream 1/3 Cup Mayo (I like the Best Foods Canola) Blue Cheese Crumbled (I use half a small wedge)to taste. Horseradish (I use about 1 Tbsp) to taste.			
	That's it! Today I put some fresh dill chopped very fine and it really kicks it up and gives it a fresh flavor. Try dipping Sliced Celery and Bell Peppers in it! YUM!			
	Started SS 12-30-05			
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Click <u>here</u> to show the most recent reply first. <u>Forums   Pour It On (Condiments.</u> <u>Dressings and Dips)</u>   Thread: <b>Aunt</b> <u>Send Topic To a Frie</u> Lavella's Blue Cheese Dressing				
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Dressings a	Click <u>here</u> to show the r <u>our It On (Condiments.</u> Ind Dips)   Thread: <b>Super Easy</b> Ice for Fish or Vegies	most recent reply fir	st. <u>Send Topic To a Friend</u>
Author		Posting	
BlondeTaz	Posted - 30 November 2005 12:28	0	
	This is delicious if you like a stron cream with 1 1/2 teaspoons fresh it! It adds zing to fish. I tried it c	n lemon juice and 1/	2 teaspoon salt. That's
	Sherie		
	Click <u>here</u> to show the r Click <u>here</u> to close thread (admi		

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<u>Dressing</u> s	Pour It On (Condiments, and Dips)   Thread: Princess Iscan Rubs	Send Topic To a Friend
Author		Posting
Rondaren	Posted - 20 July 2005 8:47 🤵 🍓	
	PrincessTudy	
	but probably super for pork, se	some "RUB" combinations (specified for beef, eafood, & poultry as well) that I thought migh d like to *fill* our kitchens with tantalizing our pocketbooks.
	may want to make some adjust listed, replace onion salt with a ALSOcheck the lemon pepper (although they may be such a once a mix has proven itself to	a huge difference SEA SALT makes, so you stments, i.e., substitute sea salt for the salt a combination of onion powder & sea salt, etc r and seasoning salt for prohibited ingredients minimal presence that you won't object). And o you, I'd certainly make a large batch to hav no longer to make a *lot* than a *little*!
	***TUSCAN SALT RUB Dry Rec	======================================
		ould have these rubs on hand in *dried* hatever-ing the ingredients, drying, and
	<ol> <li>garlic clove</li> <li>tablespoon kosher salt</li> <li>small bunch fresh sage (about sprigs fresh rosemary</li> </ol>	ut 30 leaves)
	mound and coarsely chop them to make a coarse rub. Use the bowl for a few days.	garlic with the salt. Place the herbs in a n. Add the garlic salt and chop them together salt right away, or let it dry, uncovered, in a
		d indefinitely in a clean dry jar.
	***TUSCAN SALT RUB Dry Rec	sipe 2***
	<ul> <li>3 cloves garlic, minced</li> <li>2 teaspoons minced fresh rose</li> <li>2 teaspoons minced fresh sage</li> <li>1 teaspoon freshly cracked blag</li> <li>2 teaspoons kosher salt</li> </ul>	
	(same directions as above)	
	***TUSCAN SALT RUB Fresh R (this version contains olive oil,	and the rub is to be used when you're also long with the meatso the garlic content will

tablespoon chopped fresh rosemary
 tablespoon chopped fresh thyme
 teaspoon salt
 teaspoon freshly ground black pepper

Combine and add:

1 tablespoon olive oil

For all rubs: Combine ingredients; sprinkle over steak or roast. Rub in lightly. Let sit an hour or until ready to cook.

Yields enough for 2 12-oz steaks. Double for a 3 pound roast.

Hope these give you some additional ideas for experimentation...

_____

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Dressings	Pour It On (Condiments, and Dips)   Thread: Princess Iscan Rubs	Send Topic To a Friend
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Rondaren	Posted - 20 July 2005 8:47 🖉 🦉	e de la companya de l
	PrincessTudy	
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Dressings	Pour It On (Condiments, and Dips)   Thread: Princess	Send Topic To a Friend
Tudy's Ru Author	lbs	Posting
	Posted - 20 July 2005 8:46 🔵 🍓	
	PrincessTudy	
	On RecipeSouce.com, I found sor but probably super for pork, seafe	ne "RUB" combinations (specified for beef, bod, & poultry as well) that I thought might ke to *fill* our kitchens with tantalizing ir pocketbooks.
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	***Herbs de Provence Spice Mix*	**
	<ul> <li>3 T. Dried marjoram</li> <li>3 T. Dried thyme</li> <li>3 T. Dried savory</li> <li>1 tsp. Dried basil</li> <li>1 tsp. Dried rosemary</li> <li>1/2 tsp. Dried sage</li> <li>1/2 tsp. Fennel seeds</li> <li>***AND***</li> <li>1 T. Dried LAVENDAR</li> </ul>	
	Combine all ingredients.	
	Mix well and spoon in small jars.	
	Makes 3/4 cup.	
	Use to season chicken, vegetable	s or meat.
	***Orleans Pepper Rub***	
	<ul> <li>1/2 teaspoon ground red pepper</li> <li>1/2 teaspoon ground white pepper</li> <li>1/4 teaspoon black pepper</li> <li>1/2 teaspoon onion powder</li> <li>1/4 teaspoon salt</li> </ul>	
	***Tex-Mex Rub***	

1 teaspoon chili powder 1/2 teaspoon cumin 1/4 teaspoon onion salt 1/4 teaspoon garlic salt 1/8 teaspoon ground oregano ***Herb Bouquet*** 1/4 teaspoon ground black pepper 1/2 teaspoon dry mustard 1/2 teaspoon dried rosemary -- (crushed) 3/4 teaspoon dried oregano 3/4 teaspoon dried thyme ***Lemon Kick*** 1 teaspoon lemon pepper 3/4 teaspoon seasoned salt 1/4 teaspoon garlic powder _____ ***Cucina Italia*** 3/4 teaspoon oregano 3/4 teaspoon basil 1/2 teaspoon garlic powder 1/2 teaspoon salt

Hope these give you some additional ideas for experimentation...

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Edited by - Rondaren on 7/20/2005 8:52:30 AM

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	Pour It On (Condiments, and Dips)   Thread: <b>Princess</b> I <b>bs</b>	Send Topic To a Friend
Author	F	osting
Rondaren	Posted - 20 July 2005 8:46 🛛 👰 🛛 🍓	
	PrincessTudy	
	but probably super for pork, seafoo	"RUB" combinations (specified for beef, d, & poultry as well) that I thought might e to *fill* our kitchens with tantalizing pocketbooks.
	may want to make some adjustmer listed, replace onion salt with a com ALSOcheck the lemon pepper and (although they may be such a minin once a mix has proven itself to you	ge difference SEA SALT makes, so you hts, i.e., substitute sea salt for the salt abination of onion powder & sea salt, etc. seasoning salt for prohibited ingredients mal presence that you won't object). And, , I'd certainly make a large batch to have onger to make a *lot* than a *little*!
	***Herbs de Provence Spice Mix**	r
	<ul> <li>3 T. Dried marjoram</li> <li>3 T. Dried thyme</li> <li>3 T. Dried savory</li> <li>1 tsp. Dried basil</li> <li>1 tsp. Dried rosemary</li> <li>1/2 tsp. Dried sage</li> <li>1/2 tsp. Fennel seeds</li> <li>***AND***</li> <li>1 T. Dried LAVENDAR</li> </ul>	
	Combine all ingredients.	
	Mix well and spoon in small jars.	
	Makes 3/4 cup.	
	Use to season chicken, vegetables	
	***Orleans Pepper Rub***	
	<ul> <li>1/2 teaspoon ground red pepper</li> <li>1/2 teaspoon ground white pepper</li> <li>1/4 teaspoon black pepper</li> <li>1/2 teaspoon onion powder</li> <li>1/4 teaspoon salt</li> </ul>	
	***Tex-Mex Rub***	

1 teaspoon chili powder 1/2 teaspoon cumin 1/4 teaspoon onion salt 1/4 teaspoon garlic salt 1/8 teaspoon ground oregano ***Herb Bouquet*** 1/4 teaspoon ground black pepper 1/2 teaspoon dry mustard 1/2 teaspoon dried rosemary -- (crushed) 3/4 teaspoon dried oregano 3/4 teaspoon dried thyme ***Lemon Kick*** 1 teaspoon lemon pepper 3/4 teaspoon seasoned salt 1/4 teaspoon garlic powder _____ ***Cucina Italia*** 3/4 teaspoon oregano 3/4 teaspoon basil 1/2 teaspoon garlic powder 1/2 teaspoon salt

Hope these give you some additional ideas for experimentation...

FORGET YOUR TROUBLES AT THE CASTLE!!!

Edited by - Rondaren on 7/20/2005 8:52:30 AM

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Author	Posting			
Twiggy88	Posted - 2 November 2003 6:26 🖉 🍓			
	Quickie Ketchup			
	1 can tomato paste			
	a dash of vinegar water to desired consistancy			
	salt cumin			
	blend and refrigerate.			
	***twiggy88 lowfat			
	Edited by - twiggy88 on 2/2/2006 11:41:19 AM			
	Edited by - twiggy88 on 11/29/2006 3:56:40 PM			
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Forums   Pour It On (Condiments, Dressings and Dips)   Thread: SomersizeSend Topic To a FriedBarbecue Sauce-From Fast & EasSend Topic To a Fried				
Author	Posting			
gopmom2	Posted - 6 October 2005 9:48 🖉 🍓			
	i just made the Somersized BBQ sauce and boy was it wonderful. I will make this sauce always and it is the best tasting BBQ sauce ever!!!! Really, really easy and so great. Check it out in the Fast & Easy Cookbook on page 277. You won't be sorry!!!			

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Dressings a	<u>our It On (Condiments,</u> and <u>Dips)</u>   Thread: <b>Somersize</b> Sauce-From Fast & Eas	Send Topic To a Friend		
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Author	w/ Blue Cheese Posting
heilman50	Posted - 22 June 2005 6:13 👮 🍓
	Hi everyone, I am new to all of this. I started SSing 6/01/05 and have lost 8lbs, and I love it. I was reading the Indianapolis Star this morning (Wed. is "food and drink" recipes in the Living section) and ran across an interesting recipe for cole slaw:
	<ul> <li>1/2 cup mayo</li> <li>1/2 cup sour cream</li> <li>2 TBL white wine vinegar</li> <li>1 TBL water</li> <li>1 TBL sugar (Splenda, Summersweat, etc)</li> <li>1/3 cup crumble blue cheese of choice, or more to taste.</li> <li>1/4 teas. grd. black pepper</li> <li>6 to 7 cups of shedded cabbage.</li> </ul>
	mix first 7 ingrediants and pour over cabbage. Serve immediately or refrigerate for up to 24 hours. Best when sits awhile.
	I have not tried this yet, but sounds interesting. PS would love to hear from SSers in the northern part of INDY or Carmel/Wstfield area if you are out there. email: dheilman50@netzero.net
	dheilman-Indy started 6/01/05 163/158
	Click here to show the most recent reply first. Click here to close thread (administrators & moderators only).
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<u>Dressings a</u> Beefy dip	nd Dips)   Thread: Cheesy-	Send Topic To a Frien
Author	Р	osting
LoveSweets	5 Posted - 19 January 2005 14:40 🤵 🍓	
	staple at my housenormally it's beef sandwich rolls But I enjoy i	s dip; it's a super bowl, Nascar sunday served with big rolls, kinda like bbq t with crudite's & on pork rinds (yeah, /elveeta is legal! Horaay! So here it is:
	w/spices & peppers in it)	nall loaf Mexican style Velveeta (the on
	1 or 2 cans Shredded Roast Beef, juice 1 small can, drained, chopped gree 1 small white onion, chopped/diced one 2 to 4 qt slow cooker	
	onions. Stir to combine, turn the h setting, this works best, high will b every 10 minutes or so, until the o is heated thru. You can add more h the consistency of your preference family's tastes. This takes differant slowcooker; mine takes about 40-4 my moms cooker takes about 40-4 my moms cooker takes about 50 m Serve with your choice of veggies o SS'ing, big rolls. You can keep it of also, if you're having a party. I hope those that try this enjoy it a versatile as I sometimes add a wee jalapeno's if my hubby wants it spi Mexican style velveeta. You can ad I have my 'hot-mouth'(spice fiends into 2 dishes, 1 hot & 1 regular; to	d hot sauce to it also, if you like. When ) friends over, I make it all up, divide it the hot I add red pepper flakes, a
	one for them. Enjoy! Any feedback	
	Click <u>here</u> to show the mose Click <u>here</u> to close thread (administration)	st recent reply first.

Beefy dip	<u>d Dips)</u>   Thread: <b>Cheesy-</b>	Send Topic To a Frien
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	nd Dips)   Thread: Ancho Chile		Send Topic To a Friend	
Author		Posting		
iwillrejoice	Posted - 15 October 2005 19:45 🖉	6		
	This is unusual & very rich in ta which is a Mexican technique for softened, & finally puréed, into a meat, or veggies. From The Cuis	r releasing their flavo a delicious compound	rs. The chile is then	
	Ancho Chile Butter			
	<ul><li>2 cloves garlic, unpeeled</li><li>1 large ancho chile</li><li>6 tablespoons (3/4 stick) unsalte</li><li>1/4 teaspoon salt</li></ul>	ed butter		
	Place garlic in small skillet over Toast garlic by heating cloves & brown in color, remove from hea Peel garlic.	turning as they begin	n to brown. When light	
	In same skillet, heat chile over r flesh is soft. It should smell rich Remove from heat. Slit chile open.			
	Remove seeds & any veins. Place chile in small bowl.			
	Pour boiling water over chile to Remove from water.	cover, & let soften fo	r 30 minutes.	
	In food processor fitted with ste Add butter & salt, & process unt		& garlic.	
	Taste for seasoning. Spoon onto piece of waxed pape Refrigerate at least 2 hours.	er, & roll up in form c	of a log.	
	To serve, slice cold butter & place	ce slices on top of fo	od. Serve immediately.	
	Yields 1/2 cup			
	Advance Preparation: May be ke	ept up to 3 days in re	frigerator.	
	This is not HOT, just rich & good sauteed yellow squash.	d. I really like it melt	ed on steak &/or	
	Gail			
	minus 27 and counting			

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	<u>our It On (Condiments,</u> nd Dips)   Thread: <b>Ancho Chile</b>		Send Topic To a Friend
Author		Posting	
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Author	Posting
marie172	Posted - 13 October 2005 4:45 🖉 🍓
	Someone was looking for a carb dressing. I'm sorry, I don't remember who it was, but I found this in my personal archives of recipes. I have never tried it, and I have copied it the way the original poster wrote it:
	Carb dressing
	1 cup nf yogurt 1/2 teaspoon parsley 1/2 teaspoon dill 1/2 teaspoon chives 1/4 teaspoon garlic powder 1/4 teaspoon onion powder 1/8 teaspoon salt 1/8 teaspoon pepper
	It is really great.
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Author	Posting		
momof7 Posted - 24 May 2005 13:7 👮 🍓			

1/2 pound bacon slices
3 green onions chopped-use entire thing
1 garlic clove, minced
1/4 cup Splenda (or use Brown Sugar Twin but why would you because this tastes yucky!)
1/4 cup cider vinegar
1 teaspoon chopped fresh parsley
1/4 teaspoon salt
1/2 teaspoon pepper

Serve with spinach salad or whaterver because it is so yummy!

Lori 235/203/200

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	Pour It On (Condiment and Dips)   Thread: Ba -hot				Send Topic To a Friend
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Click here to show the most recent reply first.         Forums   Pour It On (Condiments.         Dressings and Dips)   Thread: Creamy         Send Topic To a Friend         Tarragon Dip					
Author	Posting				
matantej	Posted - 1 October 2005 11:49 👳 🍓				
	Creamy Tarragon Dip				
	<ol> <li>8-oz. package cream cheese, softened</li> <li>1/2 cup sour cream</li> <li>1 clove garlic, minced</li> <li>1 Tbsp. fresh tarragon, chopped</li> <li>1/4 cup green onions, chopped</li> <li>1 tsp. fresh lemon juice</li> </ol>				
	Combine all ingredients in a blender or food processor until smooth. Serve with fresh raw vegetables, crackers or toasted bread pieces. Tarragon adds a nice flavor to the traditional cream cheese and sour cream base.				
	Janet started over again 1-1-05 286/263/?				
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Forums       Pour It On (Condiments,         Dressings and Dips)       Image: Substituting different vinegars         Send Topic To a Friend         in dressings?					
Author	Posting				
caminlaca Posted - 9 July 2005 11:37 👮 🚳					
	I have a fab dressing recipe from DebB that calls for rice vinegar. (Reminds me a lot of Newman's Olive Oil and Vinegar.) But I have bottles of white wine vinegar, red wine vinegar and ACV on hand that aren't getting used.				
	Anyone successful at substituting or is it just a matter preference? Have you found you preferred the substitu				
	I don't want to replace my rice vinegar with one of these others if it'll throw off the balanceand then have to toss a bottle of dressingso any feedback appreciated.				
	TIA,				

cam

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<u>Forums</u>   <u>Pour It On (Condiments,</u> <u>Dressings and Dips)</u>   Thread: <b>Chili Sa</b>	auce		Send Topic To a Friend	
Author		Posting		
chefskid Posted - 8 September 2005 12:17	Ş	8		

I love Starlite's kethcup, but I still miss old-fashioned chili sauce and can't find a legal recipe for it. If you're not familiar with this by name, it's a lot like ketchup, but a lot chunkier and slightly more spicy. Can any one of you talented SSers out there help? Thanks in advance.

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Forums   Pour It On (Condiments. Dressings and Dips)   Thread: Chili Sauce	e <u>Send Topic To a</u>	Friend			
Author	Posting				
chefskid Posted - 8 September 2005 12:17	8				

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	Click <u>here</u> to s Pour It On (Condiments, s and Dips)   Thread: <b>zesty</b> Iressing	rst. <u>Send Topic To a Friend</u>		
Author			Posting	
Niteowl	Posted - 29 July 2005 2:41	Ø		
	Does anyone have a recipe without sugar. Thanks, nite		s? I am not able to fi	nd any in stores

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Click here       to show the most recent reply first.         Forums   Pour It On (Condiments,         Dressings and Dips)   Thread: zesty         Send Topic To a Frier         italian dressing				
Author			Posting	
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		Send Topic To a Friend
Author	Posting	
patscrub	Posted - 4 May 2005 13:29 🤵 🍓	
	Hi everyone, I have a question. I keep seeing recipes using hidden valley dip. I went to the store to get some and it says there is sugar in it. Is it ok to use??	
	patscrub	
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	<u>nd_Dips)</u>   Thread: <b>Dressing</b> l <b>i or Asparagus</b>	Send Topic To a Friend
Author	Pos	ting
willrejoice	Posted - 21 June 2004 16:42 🔮 🍓	
	I guess I've been making this sauce for very rich & delicious. The recipe didn't this WOE. A friend of mine, who doesn broccoli florets.	need any changing at all to fit into
	I sure can eat a lot more broccoli whe Rock Cooks.	n I have this on it! :-D From Little
	Dressing for Broccoli or Asparagus	
	<ul> <li>1/2 cup butter</li> <li>1 1/2 cups mayonnaise</li> <li>2 tablespoons horseradish</li> <li>1 teaspoon instant minced onion</li> <li>1/4 teaspoon dry mustard</li> <li>1/4 teaspoon cayenne pepper</li> <li>1/2 teaspoon vinegar</li> </ul>	
	Melt butter; remove from heat. Add remaining ingredients, & stir until Heat (do not boil!) & serve over cooke	
	Gail	
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	<u>nd_Dips)</u>   Thread: <b>Dressing</b> li or Asparagus	Send Topic To a Friend
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willrejoice	Posted - 21 June 2004 16:42 🖉 🍓	
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	Gail	
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 $http://legacy.suzannesomers.com/...+Asparagus&forum_title=Pour+It+On+\%28Condiments\%2C+Dressings+and+Dips\%29\&M=True\&S=True[9/8/14,\ 10:02:44\ AM]$ 

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	Click <u>here</u> to show the most recent reply first. Pour It On (Condiments, <u>s and Dips)</u>   Thread: <b>pesto sauce</b> <u>Send Topic To a Friend</u>	
Author	Posting	
gi	Posted - 10 August 2005 18:19 👷 🍓	
	Hi anyone out there have rec.for pesto sauceor another sauce good for the zuchini noodlesI make the white sauce but am looking for red sauce as I just picked up alot of fresh cheap zuchini.Thanks	
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Dressing	Click <u>here</u> to show the most recent reply fine Pour It On (Condiments, s and Dips)   Thread: <b>Fat-Free</b> Dressing	rst. <u>Send Topic To a Friend</u>
Author	Posting	
suziebs	Posted - 8 August 2005 11:4 🦉 🍓	
	Does anyone have a recipe for this or know where I can get one. I have a recipe for a bean salad that says to use ff french but I can't find a legal one.	
	Thanks in advance for your help. Suzie	
	Suzie Started Somersizing March 2005 186/167.5/115	
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Author	Posting			
beebee1	Posted - 27 July 2005 9:15 👮 🍓			
	I just saw this in our local newspaper today. It sounds great.			
	Bacon Tomato Dip 1/2 lb bacon, fried & crumbled 1 medium tomato, seeded & finely chopped 8 oz. sour cream 8 oz. mayonnaise			
	Mix together, chill. Tastes like a blt.			
I will use this with veggies, cheese chips or as a salad dressing.				
	Edited by - beebee1 on 8/25/2005 7:24:45 AM			
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	<u>Pour It On (Condimen</u> <u>s and Dips)</u>   Thread: <b>n</b>		naise		Send Topic To a Friend
Author				Posting	
Niteowl	Posted - 29 July 2005 2:44	<b>S</b>	0		

I am also looking for a recipie for homemade mayonise with no sugar. I know I an buy it in stores but I would like to try making my own. Thanks, niteowl.

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Author				Posting	
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Forums   Pour	Forums   Pour It On (Condiments,				
Dressings and Dips)   Thread: Easy, fast Send Topic To a Frie					
1000 Island Dressing					
Author		Posting			

almostskinny Posted - 28 June 2005 6:48 🦉 🍓

I found a sugar free mayonnaise that tastes great and now I'm going a little crazy with it-It's Dukes Mayonnaise, but watch they make several kinds and some are funky. Get the regular plain Dukes Mayo.

For the 1000 Island- I love this on any salads in the summer, that has seafood in it especially crab and shrimp.

So I just mix mayo (about 1 cup), Heinz sugar free catsup (about 1/4 - 1/3 cup)and Mt Olive sugar free relish (about 1/4-1/3 cup)together and it's so quick. I really don't measure, I just eyeball it.

But now I'm also making chipotle mayo, cilantro mayo, basil (or pesto)mayo and the options are limitless. It so quick and tasty to put some on any kind of meat or fish.

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Click <u>here</u> to show the most recent reply first. <u>Forums   Pour It On (Condiments,</u> <u>Dressings and Dips)</u>   Thread: <b>creamy</b> <u>Send Topic To a Friend</u> <b>salad dressing</b>				
Author	Posting			
kaeribia Posted - 23 June 2005 14:8 🦉 🍓				
I made a creamy dressing that has a kick and is simple Take about 1 tblsp of mayo and a dash of newman's own vinager and olive of dressing. mix together and pour over a salad. It gives it a real cool kick. I like it. try it Click here to show the most recent reply first. Click here to close thread (administrators & moderators only).				
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Author		Posting		
dheilman50	Posted - 22 June 2005 6:48	<b>a</b>		
	Sorry, I should have posted	this under "Stuffage a	nd Roughage. daaa!	
	dheilman-Indy started 6/01/05 163/158			

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Author	Posting	
greytlove	Posted - 19 June 2005 11:9 👮 🚳	
	Hi, I'm new to Somersize and I only have the Fast & Eas wondering if anyone know the recipe for Suzanne's Le I'm cooking Steamed Asparagus tonight and would like	emon Dill Mayonnaise?
	Thanks	
	Dina	
	Click <u>here</u> to show the most recent reply fir Click <u>here</u> to close thread (administrators & moderators of	

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	Click <u>here</u> to show the most recent reply fir <u>Pour It On (Condiments,</u> and Dips)   Thread: <b>Lemon Dill</b> <b>ise</b>	st. Send Topic To a Friend
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Click <u>here</u> to show the most recent reply first. Forums   Pour It On (Condiments,					
	<u>vips)</u>   Thread: Elaine's	Send Topic To a Friend			
Author	Post	ting			
wired_foxterror	Posted - 22 April 2004 16:25 🦉 🍓				
	1 Stick Butter ¾ Cup Grated Parmesan Cheese (the fresher the better) ¾ Cup Cream				
	In saucepan on medium heat - melt butter and then add cheese and cream. Stir gently until mixed, and then until cheese melts. When it barely starts to boil, it's done.				
	Sometimes I add a can of lump crab meat just before I pour it over my zucchini noodles.				
	This is the best ever - this is responsible for me landing my "squeeze" 15 years ago and he still begs for it!				
	Losing-Losing-Gone!				
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Alfredo Sauce Author		Posting			
	Posted - 22 April 2004 16:25 🖉				
	Elaine's Alfredo Sauce (Easy * Easy * Easy)				
	1 Stick Butter ¾ Cup Grated Parmesan Cheese (the fresher the better) ¾ Cup Cream				
	In saucepan on medium heat - melt butter and then add cheese and cream. Stir gently until mixed, and then until cheese melts. When it barely starts to boil, it's done.				
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Author	Posting				
GARNET2002	Posted - 16 April 2005 21:32 👰 🍓				
	Does this sound good to anyone, I found it on the internet, Has anyone ate this at the resterant before? Or ever heard of it				
	Olive Garden House Dressing				
	8 oz. Paul Newman's Vinegar/oil dressing 1 clove garlic,peeled,halved 1/2 teas. dried oregano 1/2 teas. dried basil 1 tables. sugar (can change)				
	Mix all ingredients and chill 24 hrs. before serving.				
	GARNET2002				
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Author	Posting				
GARNET2002	Posted - 16 April 2005 21:32 🦉 🍓				
	Does this sound good to anyone, I found it on the internet, Has anyone ate this at the resterant before? Or ever heard of it				
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	GARNET2002				
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	<u>Dips)</u>   Thread: <b>Shortcut</b>		Send Topic To a Friend		
Author		Posting			
GARNET2002	Posted - 5 June 2005 0:35 🛛 👮	ð			
	Hi all, I found this recipe, haven't might like it. It is a sauce f		· · · ·		
	Shortcut Sauce				
	<ul><li>1/4 cup (1/2 stick) butter</li><li>2 egg yolks</li><li>2 teas. lemon juice</li><li>1/2 teas. dried tarragon</li><li>1/8 teas. salt</li></ul>				
	In a small micro. safe bowl until melted. In a small bow and salt until thick. Slowly until well combined. Micro. stirring the sauce every 20	vl beat the egg yolks, pour the melted butter uncovered at 40% pow	emon juice, tarragon, , whisking constantly		
	Pour over grilled favorites, veggies, eggs, seafood dishes.				
	GARNET2002				
		e most recent reply find dministrators & moderators of the moderat			
	Show All	Forums   <u>Back</u>			

Click <u>here</u> to show the most recent reply first. <u>Forums</u>   <u>Pour It On (Condiments.</u>					
Dressings and Sauce	<u>Dips)</u>   Thread: <b>Shortcut</b>		Send Topic To a Friend		
Author		Posting			
GARNET2002	Posted - 5 June 2005 0:35	0			
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	Pour over grilled favorites, veggies, eggs, seafood dishes.				
	GARNET2002				
		he most recent reply fir administrators & moderators of			
	Show All	Forums   Back			

Author	Posting			
Scott on Maui	Posted - 16 May 2005 12:33 🤵 🍓			
	Here's a great recipe for a merinade or stir-fry sauce:			
	<ol> <li>24oz Bottle Huli-Huli Sauce or low sodium soy sauce.</li> <li>3 cloves garlicsmashed.</li> <li>1 piece fresh ginger approx 2-3 inches long, sliced into thin strips.</li> <li>Sweetner to taste.</li> </ol>			
	Pour the Huli Sauce into a large bowl and add the smashed garlic, ginger, sweetner.			
	Let sit overnight in the fridge, then strain the liquid back into the bottle.			
	Discard the remains of the garlic and ginger.			
	This makes a WONDERFUL stir-fry sauce or merinadedirect from Lahaina Maui.			
	Aloha!!			
	Scott on Maui 254/239/200			
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Author		Posting			
JCnmyheart	Posted - 31 May 2004 10:16 👮	3			
	This is so basic yet we use it contantly!!				
	Sprinkle steak or chicken liberally with garlic powder (not salt) I mean we use a ton of it!!				
	Next pour soy sauce over the meat and make sure the soy chicken breast thinly so they sliced (1 to 1 1/2 inch thick the likings:)	sauce got under it too absorb this better. We	b. I prefer to pound the ealso do this with		
	JCnmyheart <><				
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Author		Posting			
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<u>Forums</u>   <u>Pour_It_On_(Condiments,</u> <u>Dressings_and_Dips)</u>   Thread: <b>Tangy</b> <b>Coleslaw Dressing</b>			Send Topic To a Friend			
Author				Posting		
momof7	Posted - 24 May 2005 12:49	ġ	Q			

1 1/2 cups plus 2 tablespoons mayonnaise
6 tablespoons plus 1 teaspoon sugar (use artificial sweetener eqivilent)
3 tablespoons plus 1/2 teaspoon wine vinegar (optional)
1/2 to 3/4 cup oil
1/3 teaspoon each of garlic, onion, mustard and celery powers
Dash of black pepper
1 tablespoon plus 2 teaspoons of lemon juice (optional)
1 tablespoon plus 2 teaspoons cream
1/2 teaspoon salt

Blend together mayonnaise, sugar, vinegar, and oil. Add spice powders, pepper, lemon juice, half and half and salt. Stir until smooth. Dressing keeps well, covered tightly in the refrigerator for several days. Makes 1 quart dressing.

Lori 235/203/200

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Dressing:	Pour It On (Condiments and Dips)   Thread: Tai Dressing				Send Topic To a Friend
Author				Posting	
momof7	Posted - 24 May 2005 12:49	Ş	ð		

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Author	Posting			
matantej	Posted - 24 April 2005 7:25 🖉 🚳			
	Bacon Cheese Dip 1 cup Monterey Jack cheese, shredded 1 cup cheddar cheese, shredded 2 cloves garlic, minced 1/4 cup green onions, chopped 3 oz. real bacon bits 1 cup sour cream Combine cheeses, garlic, onions, bacon bits and sour cream, mix well and place mixture in bread shell (greased dish). Bake at 350 degrees for 45 minutes. Serve with veggies and cheese chips			
	started over again 1-1-05 286/270/?			
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Author	Posting			
matantej Posted - 24 April 2005 7:25 🤵 🍓				
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Forums   Pour It On (Condiments, Dressings and Dips)   Thread: Szechuan Hot Bean Sauce, Hot Chili Oil					Send Topic To a Friend
Aut	hor			Posting	
Leah Marie		Posted - 19 May 2005 8:33	Ş	0	

Are these legal? TIA :)

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Forums   Pour It On (Condiments, Dressings and Dips)   Thread: Szechuan Hot Bean Sauce, Hot Chili Oil				Send Topic To a Friend
Author			Posting	
Leah Marie	Posted - 19 May 2005 8:33	Ş	Q	

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	Click <u>here</u> to show the most recent reply first. Pour It On (Condiments, and Dips)   Thread: restaurant Send Topic To a Friend L1				
Author	Posting				
Twiggy88	Posted - 9 May 2005 6:51 🖉 🍓				
	Hi, At a restaurant with no legal dressing, ask for 2 Tbsp mayo mixed with 2Tbsp water and spices. Makes a quick, in-a-pinch, L1 dressing.				

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	Click <u>here</u> to show the most recent reply first. Pour It On (Condiments, and Dips)   Thread: restaurant Send Topic To a Friend L1				
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Twiggy88	Posted - 9 May 2005 6:51 🖉 🍓				
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Dressings a	Click <u>here</u> to show the most recent reply first. our It On (Condiments, and Dips)   Send Topic To a Friend otember's Easy Cheese Sauce
Author	Posting
September	Posted - 11 May 2005 20:3 🦉 🍓
	1/4 stick of butter 1 cup heavy cream 1 1/2 cups cheddar cheese, shredded dash of Cayenne dash of garlic powder salt pepper
	In a medium saucepan, over medium heat, melt the butter. Stirring continuously, add the cream. Continue cooking the cream until it is reduced by about half. (This takes about 3-5 minutes)/. Do not stop stirring or it will burn! Once the cream is reduced, add the cheese, a handful at a time, stirring and blending it in completely with each addition. Add the spices and cook for a couple minutes longer.
	This sauce is fabulous over vegetables, as well as over chicken grilled with the Southwest rub.
	~September~ 274/180/160ish start date: August 1, 2001 Cheat? Why? I already eat the best food in the world!!
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).
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Dressings a	Click <u>here</u> to show the most recent reply first. <u>our It On (Condiments,</u> <u>ind Dips)</u>   <u>Send Topic To a Friend</u> <b>otember's Easy Cheese Sauce</b>
Author	Posting
September	Posted - 11 May 2005 20:3 👳 🍓
	1/4 stick of butter 1 cup heavy cream 1 1/2 cups cheddar cheese, shredded dash of Cayenne dash of garlic powder salt pepper
	In a medium saucepan, over medium heat, melt the butter. Stirring continuously, add the cream. Continue cooking the cream until it is reduced by about half. (This takes about 3-5 minutes)/. Do not stop stirring or it will burn! Once the cream is reduced, add the cheese, a handful at a time, stirring and blending it in completely with each addition. Add the spices and cook for a couple minutes longer.
	This sauce is fabulous over vegetables, as well as over chicken grilled with the Southwest rub.
	~September~ 274/180/160ish start date: August 1, 2001 Cheat? Why? I already eat the best food in the world!!
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).
	Show All Forums   Back

	Click <u>here</u> to show the most recent reply first. <u>s   Pour It On (Condiments,</u> <u>ngs and Dips)</u>   Thread: <b>I LOVE</b> <u>S</u>	end Topic To a Friend			
	IC Mayo				
Author					
Cosmo Curves					
	I LOVE GARLIC Mayo				
	Easy - Level One 1 cup Hellmann's/Best Food's Mayo 2 cloves garlic (pressed) salt & Pepper to taste				
	Put mayo in a bowl, press garlic into mayo, add salt & pe ingedients well.	pper. Mix all			
	You can make this ahead of time for a stronger garlic flavor or use it right away (Still tast garlic). This was so delish, I could not stopI started dipping everything I could find into it.				
	This is so versatille, you could use it to dip anything in it. Last night I used it to dip my brussel sprouts and over-cooked pork chops in. I have also spread this on fish and then grilled it.				
	Enjoy!				
	Cosmo Curves Started 3/1/05 219/197/150				
	Edited by - Cosmo Curves on 4/28/2005 1:56:50 PM				
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only				
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Click <u>here</u> to show the most recent reply first. <u>Forums   Pour It On (Condiments.</u>					
GARLIC	s and Dips)       Thread: I LOVE     Send Topic To a Friend       Mayo				
Author	Posting				
Cosmo Curves	Posted - 28 April 2005 11:9 🖉 🍓				
	I LOVE GARLIC Mayo				
	Easy - Level One 1 cup Hellmann's/Best Food's Mayo 2 cloves garlic (pressed) salt & Pepper to taste				
	Put mayo in a bowl, press garlic into mayo, add salt & pepper. Mix all ingedients well.				
	You can make this ahead of time for a stronger garlic flavor or use it right away (Still tast garlic). This was so delish, I could not stopI started dipping everything I could find into it.				
	This is so versatille, you could use it to dip anything in it. Last night I used it to dip my brussel sprouts and over-cooked pork chops in. I have also spread this on fish and then grilled it.				
	Enjoy!				
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	Edited by - Cosmo Curves on 4/28/2005 1:56:50 PM				
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).				
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Click <u>here</u> to show the most recent reply first. <u>Forums   Pour It On (Condiments,</u> <u>Dressings and Dips)</u>   Thread: <b>Japanese</b> <u>Send Topic To a Friend</u> <b>Steakhouse White Sauce</b>				
Author	Posting			
tkg33	Posted - 27 April 2005 7:43 👷 🍓			
	I'm looking for a recipe for the white sauce you get at Japanese restuarantsif I had to guess I would say mayohorseradishand some other thingsHELP!			
	Waiting for the Melt!			
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).			

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Dressing	Click <u>here</u> to show the most recent reply first.   <u>Pour It On (Condiments,</u> <u>is and Dips)</u>   Thread: <b>Japanese</b> <u>Send Topic To a Friend</u> <b>Duse White Sauce</b>
Author	Posting
tkg33	Posted - 27 April 2005 7:43 👷 🍓
	I'm looking for a recipe for the white sauce you get at Japanese restuarantsif I had to guess I would say mayohorseradishand some other thingsHELP!
	Waiting for the Melt!
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).

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Dressing	Click <u>here</u> to show the most recent reply first.   <u>Pour It On (Condiments,</u> <u>s and Dips)</u>   Thread: <b>The</b> <u>Send Topic To a Friend</u> ' <b>Slam of 1000 Islands</b>
Author	Posting
karma	Posted - 4 October 2003 20:45 👷 🍓
	<ul> <li>1 1/2 cup mayonnaise</li> <li>2 Tbsp tomato paste</li> <li>2 Tbsp minced dill pickles (I use the kind in the jar)</li> <li>dash Worchestershire sauce</li> <li>1 Tbsp vinegar</li> <li>2 pkts sweetener</li> <li>I whip the tomato sauce with the mayonnaise, then add the other ingredients. Letting it sit in the fridge overnight really lets the flavors melt together. This is the best 1000 Island I've tasted and I hope you enjoy it.</li> </ul>
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).

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Dressing	Click <u>here</u> to show the most recent reply first.   <u>Pour It On (Condiments.</u> <u>Is and Dips)</u>   Thread: <b>The</b> <u>Send Topic To a Friend</u> <b>' Slam of 1000 Islands</b>	
Author	Posting	
karma	Posted - 4 October 2003 20:45 🖉 🍓	
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Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).		

<u>Dressings and</u> Red Pepper	<u>d_Dips)</u>   Thread: <b>Roasted</b> <b>Dressing</b>	Send Topic To a Frien
Author		Posting
sharonm516	Posted - 9 April 2005 8:9 👳 🏹	
		it nevermeasured it out until last night ould be to put here. I hope you enjoy!!
	watch the ingredients) 1/2 c. olive oil (I like the dark preference)	e (you can use the jarred roasted ones, but oil for more flavor, but its your
	<ul><li>1/4 c. red wine vinegar</li><li>2 large cloves of garlic, roughl</li><li>1 tsp. oinion powder (optinal)</li><li>1/4 tsp. curry powder (optional)</li></ul>	
	1/4 tsp salt (or to taste) dash of black pepper (or to tast	
	usually do this on the grill outs the grill and turning them unti- inside you can use your oven of dont char all the way through. Once the peppers are roasted should just fall off, cool slightly out seeds inside. Then chunk p into blender. Add onion powde and pulse until almost smooth blend until well mixed. Place m	pepper you will need to roast them. I side by placing them on the hottest area or if the skin is charred. If you are doing this on broiljust keep an eye on them so they let them cool and peel off the outer skin (i y. Cut the skinned pepper in half and clear pepper and place into blender. Add garlic rr, curry, salt and pepper. Cover blender and slightly pastey. Then add vinegar and hixture on lowest setting of blender and continues to blend to emulsify the dressing
	Keep in glass curette (which I mixes) and use as needed. Let me know if you have any o Sharon	used to use for the funky Italian dressing questions or any other variations you have.
	234/230/just the beginning of Click <u>here</u> to show the	<b>3 3</b>
	Click <u>here</u> to close thread (adm	1 5
	Show All For	rums   Back

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<u>Dressings and</u> Red Pepper	<u>d_Dips)</u>   Thread: <b>Roasted</b> <b>Dressing</b>	Send Topic To	a Frien
Author		Posting	
sharonm516	Posted - 9 April 2005 8:9 🦉 🍓		
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	and pulse until almost smooth blend until well mixed. Place r	er, curry, salt and pepper. Cover ble and slightly pastey. Then add vineg nixture on lowest setting of blender continues to blend to emulsify the c	gar and and
	mixes) and use as needed.	used to use for the funky Italian dr questions or any other variations yc	
	234/230/just the beginning of	a wonderful journey	
		most recent reply first. ninistrators & moderators only).	
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 $http://legacy.suzannesomers.com/...r+Dressing\&forum_title=Pour+It+On+\%28 Condiments\%2C+Dressings+and+Dips\%29\&M=True\&S=True[9/8/14,\ 10:05:20\ AM]$ 

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Author	Posting
Looster	Posted - 1 April 2005 7:0 🖉 🍓
	I put this on everything from eggs to chicken wings/hamb. to saladsvery simple
	equal parts of mayo and sour cream dill weedI don't measure just shake beau monde (from spice island)more shaking
	my kids (well, they are all grown now) love it with fresh cucumbers and other veggies
	mary lou 240/198/153
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	is and Dips)   Thread: Beau Send Topic To a Friend			
Author	Posting			
Looster	Posted - 1 April 2005 7:0 🤵 🍓			
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	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).			

	Click <u>here</u> to show the most recent reply fir <u>It On (Condiments,</u> <u>Dips)</u>   Thread: <b>Blu Cheese</b>	rst. Send Topic To a Friend
Author	Posting	
phoffer	Posted - 31 March 2005 9:58 🖉 🚳	
	1/3 Cup Mayonaise 1/3 Cup sour cream ( Daisy) 4 to 6 oz. blue cheese	
	Crumble blue cheese and mix all well, chill for a few hours in fridg.	
	Patricia Hoffer	
	Click <u>here</u> to show the most recent reply fir Click <u>here</u> to close thread (administrators & moderators o	
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Author	Posting			
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	Patricia Hoffer			
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).			
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	rst. <u>Send Topic To a Friend</u>
Posting	
Posted - 31 March 2005 3:59 🖉 🚳	
This looks good and thought I would share. Janet	
Appetizer: Zucchini Spread	
<ul> <li>3 cups zucchini shredded</li> <li>2 cloves garlic, minced</li> <li>2 Tbsp. olive oil</li> <li>2 Tbsp. lemon juice</li> <li>4 Tbsp. fresh cilantro chopped</li> <li>8 oz. cream cheese softened</li> <li>salt and pepper to taste</li> </ul>	
Combine all ingredients in a food processor and blend 1 hour before serving. Serve with cheese crackers, or	
started over again 1-1-05 286/271/?	
Edited by - matantej on 3/31/2005 4:00:50 AM	
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	Pour It On (Condiments. and Dips)   Thread: Zucchini Posted - 31 March 2005 3:59 Posted - 31 March 2005 4:00:50 AM Click here to show the most recent reply fir Click here to close thread (administrators & moderators of the set of the

	Click <u>here</u> to show the most recent reply fir <u>Pour It On (Condiments.</u> <u>and Dips)</u>   Thread: <b>Zucchini</b>	st. <u>Send Topic To a Friend</u>
Author	Posting	
matantej	Posted - 31 March 2005 3:59 🦉 🍓	
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	Edited by - matantej on 3/31/2005 4:00:50 AM	
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	Click <u>here</u> to show the most recent reply first   <u>Pour It On (Condiments.</u> <u>gs and Dips)</u>   Thread: <b>Jalapeno</b>	Send Topic To a Friend
Author	Posting	
Deb K	Posted - 30 March 2005 6:59 👮 🍓	
	Haven't tried it yet, but it sounds yummy. Would be good	with jicama to dip!
	JALAPENO DIP	
	4 boneless, skinless chicken breasts	
	3 teaspoons garlic powder or to taste	
	1 teaspoon salt	
	1 teaspoon pepper 2 tablespoons olive oil	
	2 8-ounce packages cream cheese, softened	
	1/2 cup cream	
	1/2 cup mayonnaise	
	1/2 cup minced red bell pepper	
	4 tablespoons minced jalapeno pepper	
	2 tablespoons lemon juice	
	1 1/2 teaspoons salt 1 1/2 teaspoons Tabasco sauce	
	Preheat oven to 350 degrees. Season chicken breasts with	n garlic powder, salt

Preheat oven to 350 degrees. Season chicken breasts with garlic powder, salt and pepper. Sauté chicken in olive oil in 12-inch skillet over medium heat for 5 minutes. Cut breasts into thirds and continue cooking until chicken is cooked through but not overcooked. Transfer chicken pieces to cutting board and finely chop.

Combine remaining ingredients in medium bowl; mix well. Add chicken; stir until completely blended. Transfer to greased 8-inch-square ovenproof pan. Bake until mixture is hot and bubbly, about 20 minutes.

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Author	Posting		
Deb K	Posted - 30 March 2005 6:59 🖉 🥘		
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Dressings	Click <u>here</u> to show the most recent reply first. <u>Forums   Pour It On (Condiments,</u> <u>Dressings and Dips)</u>   Thread: <b>Spicy</b> <u>Send Topic To a Frier</u> <b>Vegetable Dip</b>			
Author	Posting			
matantej	Posted - 12 March 2005 6:36 🖉 🦉			
	Appetizer: Spicy Vegetable Dip			
	8 oz. cream cheese, softened			
	8 oz. sour cream			
	1 clove garlic, minced			
	1/2 cup sharp cheddar cheese, grated 2 Tbsp. green onions, chopped			
	1 jalapeno pepper, seeded and diced			
	1/2 tsp. Tabasco sauce			
	1 tsp. ground cumin			
	Combine all ingredients together in a small bowl. Chill f before serving with raw vegetables or crackers.	for several hours		
	http://www.arcamax.com/cgi-bin/news/story/1006/102	9/22817/176673		

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Dressings	Click <u>here</u> to show the most recent reply first. <u>Forums   Pour It On (Condiments,</u> <u>Dressings and Dips)</u>   Thread: <b>Spicy</b> <u>Send Topic To a Frier</u> <b>Vegetable Dip</b>			
Author	Posting			
matantej	Posted - 12 March 2005 6:36 🖉 🦉			
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	<u>r It On (Condiments,</u> <u>d Dips)</u>   Thread: <b>Legal</b>	most recent reply firs	Send Topic To a Friend
Author		Posting	
PinkPenguin	Posted - 9 March 2005 10:27	0	
	Thought this would be could to	o repost now that asp	aragus is so plentiful!!
	I was in the mood for some g I'm not sure of the exact mea		
	taste. Feel free to experiment		Xed an together to
	1 Bunch of Asparagus 1 Tbsp. Lime Juice		
	1/4 C salsa		
	1 crushed garlic clove		
	1/2 jalapeno chopped Boil asparagus until soft (abou	t 10 minutes). Place	asparagus into food

processor and process until smooth. Add remaining ingredients and puree until smooth.

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Forums   Pou	<u>ır It On (Condiments,</u>			
Dressings an	<u>d_Dips)</u>   Thread: <b>Legal</b>		Send Topic To a Friend	
Guacamole				
Author		Posting		
PinkPenguin	Posted - 9 March 2005 10:27 🖉 🦉	h		
	Thought this would be could to	repost now that asp	paragus is so plentiful!!	
	I was in the mood for some gua I'm not sure of the exact measu taste. Feel free to experiment! 1 Bunch of Asparagus 1 Tbsp. Lime Juice			
	<ul> <li>1/4 C salsa</li> <li>1 crushed garlic clove</li> <li>1/2 jalapeno chopped</li> <li>Boil asparagus until soft (about</li> </ul>	10 minutes). Place	asparagus into food	

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Click here to show the most recent reply first. Forums | Pour It On (Condiments, Dressings and Dips) | Thread: red colored Send Topic To a Friend salad dressing Author cubbiegal Posted - 9 March 2005 5:6 Ð Q This is a salad dressing we enjoy from a local restaurant, very easy to SS. It is very yummy. 1 c. oil 1 c. catsup (legal) 1/4 c. sugar substitute 1/4 c. vinegar 1/4 c. water 1 t. garlic powder 1/2 t. black pepper 1 t. salt Mix all ingrdients in a quart bottle or blender. Shake well and refrigerate. Enjoy!! ~Cubbie~ gerate.

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Click here to show the most recent reply first. Forums | Pour It On (Condiments, Dressings and Dips) | Thread: red colored Send Topic To a Friend salad dressing Author cubbiegal Posted - 9 March 2005 5:6 Ð Q This is a salad dressing we enjoy from a local restaurant, very easy to SS. It is very yummy. 1 c. oil 1 c. catsup (legal) 1/4 c. sugar substitute 1/4 c. vinegar 1/4 c. water 1 t. garlic powder 1/2 t. black pepper 1 t. salt Mix all ingrdients in a quart bottle or blender. Shake well and refrigerate. Enjoy!! ~Cubbie~ gerate.

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Author		Posting				
sockim123	Posted - 14 February 2005 12:47 👮	8				
	This is a wonderful creamy dress Excellent over spring salad mix.	sing with a southwes	t flavor. Not too spicy.			
	Southwest Dressing 1 1/2 C. mayo 2/3 C. picante salsa 2 limes - juice 1/2 t. cumin 1/2 t. chili powder 1/2 bunch cilantro, chopped					
	Combine ingredients night before	e serving, refrigerate				
	Click boro to show the	most recent reply fire	nt .			

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	Click <u>here</u> to show the most recent reply first. <u>Forums   Pour It On (Condiments.</u> <u>Dressings and Dips)</u>   Thread: <b>Southwest</b> <u>Send Topic To a Friend</u> Dressing					
Author		Posting				
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	Click here to show the most report roubly first					

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	Click <u>here</u> to show the most recent reply first. <u>ums   Pour It On (Condiments,</u> <u>ssings and Dips)</u>   Thread: <b>*** Tartar</b> <u>Send Topic To a Friend</u> <u>ice</u>			
Author	Posting			
Twiggy88	Posted - 23 February 2005 14:25 🦉 🖏			
Tartar Sauce				
	1 cup Mayo 1/4 cup diced onion 1/4 cup dill relish 1 Tbsp. lemon juice			
	Combine all ingredients and refrigerate until needed.			
	*** twiggy88			
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	Click <u>here</u> to show the most recent reply first. <u>rums   Pour It On (Condiments,</u> <u>essings and Dips)</u>   Thread: <b>*** Tartar</b> <u>Send Topic To a Friend</u> <b>uce</b>			
Author	Posting			
Twiggy88	Posted - 23 February 2005 14:25 🦉 🝓			
Tartar Sauce				
	1 cup Mayo 1/4 cup diced onion 1/4 cup dill relish 1 Tbsp. lemon juice			
	Combine all ingredients and refrigerate until needed.			
	*** twiggy88			
Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).				
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Click here to show the most recent reply first.         Forums   Pour It On (Condiments.         Dressings and Dips)   Thread: BBO Sauce         Send Topic To a Friend         Recipe				
Author	Posting			
mizztucker Posted - 18 April 2004 16:7 🦉 🥘				
	Does anyone have one? I tried Jean's suggestion of using tomato paste and SF pancake syrup.			
	Anyone else? Many thanks!!!			
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).			
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Click here to show the most recent reply first.         Forums   Pour It On (Condiments.         Dressings and Dips)   Thread: BBO Sauce         Send Topic To a Friend         Recipe				
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	mizztucker Posted - 18 April 2004 16:7 🦉 🚳			
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	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).			
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Dressing	Click <u>here</u> to show the most recent reply first. <u>Ims   Pour It On (Condiments,</u> <u>ssings and Dips)</u>   Thread: <b>Chipolte</b> <u>Send Topic To a Frienc</u> <b>am Sauce</b>			
Author	Posting			
phoffer	Posted - 11 November 2003 12:22 🦉 🍓			
	12 Dried Chipolte Chiles 1 tsp shallot minced 1/2 tsp garlic minced 1 stick unsalted butter 1/2- 1 C dry white wine 2 C heavy cream 1/2 C onion diced 1/2 tsp cornstarch in 2 tsp water-OMIT 1 TB fresh rosemary minced 1 1/4 fresh ground pepper or more Bring large pot of water to a boil add chiles and boil until tender, about 15 minutes. Drain, reserving 1/4 C cooking liquid. Puree chiles with 1/4 C cooking liquid in blender Strain through sieve. Set aside. Melt butter in heavy large skillet over med heat. Add 1 TB chipolte paste, onion, rosemary, peppe, shallot and garlic and stir 2 minutes. Add wine and boil until reduced by half. Add cream and boil until reduced to thin sauce by half. Add cream and boil until reduced to thi sauce consistency, stirring occasionally, about 10 more chipolte paste if desired. This can be prepared 1 day ahead, Cool completely and cover place in frig. rewarm before using. Note: Can someone let me know what to use in place of the cornstartch!!! Thanks r	minutes. Taste, adding		
	Patricia Hoffer			

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	Click <u>here</u> to show the most recent reply f   <u>Pour It On (Condiments,</u> <u>is and Dips)</u>   Thread: <b>Chipolte</b> Sauce	irst. <u>Send Topic To a Friend</u>
Author	Posting	
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	Patricia Hoffer	

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Click here to show the most recent reply first.         Forums   Pour It On (Condiments,         Dressings and Dips)   Thread: Easy as         Send Topic To a Friend         one, two dip				
Author	Posting			
karma	Posted - 16 March 2004 17:58 🖉 🍓			
1/4 cup mayonnaise 1/4 cup sour cream				
	mix and refrigerate for a little bit. my grandmother got me loving this when i was 15-fifteen years before i'd even heard of somersizing. i absolutely love this with broccoli and cauliflour.			
	Click here to show the most recent reply first.			

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Click <u>here</u> to show the most recent reply first. <u>Forums   Pour It On (Condiments,</u> <u>Dressings and Dips)</u>   Thread: <b>Easy as</b> <u>Send Topic To a Friend</u> one, two dip				
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Dressing	Click <u>here</u> to show the most recent reply first. <u>Forums   Pour It On (Condiments,</u> <u>Dressings and Dips)</u>   <u>Send Topic To a Friend</u> Thread: Horseradish Dill Sauce				
Author	Posting				
Kisa 1	1 Posted - 17 February 2005 8:6 👮 🍓				
	Horseradish Dill Sauce				
	This recipe was included in the container of Bellwether Farms Creme Fraice and it's wonderful. I've seen other posts using brand names, so hope it is ok to include here.				
	Combine 1/2 cup Creme Fraice with 2 Tblsps horseradish and 3 Tblsp fresh chopped dill (dried isnt nearly as good as fresh)				
	Refrigerate and use when ready. It makes an excellent accompaniment to any cooked fish or beef fillets or you can also use as a dip for veggies.				
	Enjoy				
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).				
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<u>Dressing</u>	Click <u>here</u> to show the most recent reply first. <u>Pour It On (Condiments,</u> <u>and Dips)</u>   <u>Send Topic To a Friend</u> prseradish Dill Sauce			
Author	Posting			
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	Enjoy			
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).			
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Click here to show the most recent reply first.         Forums   Pour It On (Condiments,       Send Topic To a Frie         Dressings and Dips)   Thread: ketchup or       Send Topic To a Frie         catsup       Send Topic To a Frie				
Author	Posting			
allo	Posted - 11 February 2005 11:38 🤵 🍓			
	I've lost the receipe for katchup and bbq sauce which was posted by Starlite (I think). It's soooo good. If anyone has it, please please please post it for me. thanks so much			
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	Click <u>here</u> to show the most recent re Click <u>here</u> to close thread (administrators & moder	5		
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	Forums   Pour It Dressings and Dip ranch dressing	Click <u>here</u> to show the most recent reply first. <u>On (Condiments,</u> <u>os)</u>   Thread: <b>suzannes</b> , <u>Send Topic To a Friend</u>	
	Author	Posting	
IoveTOsomersize       Posted - 2 February 2005 22:45       Image: Tebruary 2005 22:45       Image: Tebruary 2005 22:45         I have a few packages of suzanne's ranch dressing mix's but id like to make it without any fatfor my sandwiches       Image: Tebruary 2005 22:45       Image: Tebruary 2005 22:45			
			what would you suggest???
Thanks		Thanks	
		Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).	
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	Forums   Pour It Dressings and Dip ranch dressing	Click <u>here</u> to show the most recent reply first. <u>On (Condiments,</u> <u>os)</u>   Thread: <b>suzannes</b> , <u>Send Topic To a Friend</u>	
	Author	Posting	
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Thanks		Thanks	
		Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).	
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Click <u>here</u> to show the most recent reply first. <u>Forums   Pour It On (Condiments,</u> <u>Dressings and Dips)</u>   Thread: <b>Jimmac's</b> <u>Send Topic To a</u> <b>French Dressing</b>				
Author		Posting		
jimmac86	Posted - 28 January 2005 19:45	8		
	1 cup mayo 2 Tblsp Tomatoe Paste 3 Tblsp Cider Vinegar 2 Packets of Splends 2 Tblsp Paprika Pepper Dried Parsley Flakes Heavy Cream to thin			
	Mix all ingredients together and thin with cream to the consistency you want. These measurements are just guesses. I do not messure with this, just mix and taste. I use this to wet my lettuce for taco salads before adding all my fixings. It has a nice sweet-n-sour taste.			

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	Click <u>here</u> to show the m our It On (Condiments, and Dips)   Thread: <b>Jimmac's</b> essing	nost recent reply firs	st. <u>Send Topic To a Friend</u>
Author		Posting	
jimmac86	Posted - 28 January 2005 19:45 🖉	1	
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	Click <u>here</u> to show the most recent reply first.   <u>Pour It On (Condiments,</u> <u>is and Dips)</u>   Thread: <b>poppyseed</b> <u>Send Topic To a Friend</u> <b>g</b>
Author	Posting
lady61	Posted - 17 January 2005 9:5 🖉 🍓
	does anyone have a poppyseed dressing recipe? Also can we use any oil in dressings? Please help I miss my poppyseed dressing greatly!!!
	lady61
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	Click <u>here</u> to show the most recent reply first.   <u>Pour It On (Condiments.</u> <u>Is and Dips)</u>   Thread: <b>poppyseed</b> <u>Send Topic To a Friend</u> <b>g</b>
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	Click <u>here</u> to show the most recent reply first.   <u>Pour It On (Condiments,</u> <u>gs and Dips)</u>   Thread: <b>sauces you</b> <u>Send Topic To a Friend</u>
Author	Posting
lady61	Posted - 19 January 2005 8:5 🤵 🍓
	I have trouble knowing how to do sauces. The ones where you reduce down after cooking a meat. Can anyone give me a quick lesson in this or some tips. Will greatly appreciat it. Thanks in advance
	lady61
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	Click <u>here</u> to show the most recent reply first.   <u>Pour It On (Condiments,</u> <u>gs and Dips)</u>   Thread: <b>sauces you</b> <u>Send Topic To a Friend</u>
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	Click <u>here</u> to sh	now t	he most recent repl	y first.
Dressing	<u>Pour It On (Condiments,</u> <u>is and Dips)</u>   Thread: Quick Sauce for Meats, Fish, or			Send Topic To a Friend
Author			Posting	
Erinn	Posted - 23 December 2004 9:22	2	<b>B</b>	

hi, all!

I've been SS for about 9 days now and I'm finding it is this sauce i make which has no eggs (i'm allergic) and no carbs which is making my meals taste great. You can add anything you like to it to flavor it specifically for your individual dinners like: herbs, sundried tomatoes, feta cheese, mushrooms from the can with a good shot of the mushroom juice - any flavor you like.

I like reduced flavorful sauces that are intense on my meats, fish, etc, and I like the extra poured over the mass of raw veggies on my plate. This looks complicated but it's a quick process. you are basically just melting everything and thicken the following in a sauce pan:

butter whipping cream cream cheese any kind of wine/vermouth onion powder salt and pepper (a bit of water if it gets too thick)

I'm not a measurer so i'll give approximations and directions if you need them, but it's so easy  $\ldots$ 

Set your heat on medium high and melt about 2 tablespoons of butter in a small sauce pan.

Add one tablespoon of cream cheese and a tablespoon of the wine or vermouth, and stir til all incorporated.

Add about 1/2 cup - 1/3 cup of whipping cream, about and a tablespoon of onion powder.

Bring to the boil for a few minutes, then reduce heat to medium so it doesn't all boil away too quickly.

Add any special flavors (if any) to the sauce ie: herbs, mushrooms and mushroom juice, a bit of tomato sauce, sundried tomatoes, any thing you think would be good, it's fun to experiment.

Let the sauce continue to cook until it's been reduced down to your desired thickness. Add enough salt and pepper to taste (i like a lot of both) pour over your meats and veggies if they aren't already mixed it.

It's like a great sauce you'd get in France. It has infinate ways to change the flavor. And it cooks very quickly - as quickly as any package mix with all the icky stuff in it.

I sometimes take my cooked chicken and let it saute in it while it's thickening. You could do the same with other vegetables, etc.

btw, if you reduced it down too much, feel free to add a bit of water to it and mix well :)

Started Somersizing 12-14-04 206/204/121 If you don't have a plan for yourself - someone else will have a plan for you..

Edited by - Erinn on 12/23/2004 9:27:44 AM

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	Click <u>here</u> to sh	now t	he most recent repl	y first.
Dressing	<u>Pour It On (Condiments,</u> <u>is and Dips)</u>   Thread: Quick Sauce for Meats, Fish, or			Send Topic To a Friend
Author			Posting	
Erinn	Posted - 23 December 2004 9:22	ş	<b>a</b>	

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<u>Forums   Pour 1</u>	Click <u>here</u> to show the n t On (Condiments,	nost recent reply fi	rst.			
	<u>Pips)</u>   Thread: <b>Easiest</b>		Send Topic To a Friend			
Author		Posting				
wired_foxterror	Posted - 14 November 2004 8:46	Q 🖏				
	Easiest Cranberry Sauce/Relish					
	1 12 oz package cranberries 1/2 c sugar equivalent 1 cup orange juice					
	Combine sugar and orange juice in a saucepan. Bring to a boil, add cranberries and gently boil 10 to 15 minutes. Pour into serving dish and cool overnight in the refigerator.					
	This recipe can easily be doubled - just be sure to use a larger sauce pan as the berries pop and the red stains!!!!!!					
	A good friend of mine CANNO recipe last year so she could She made it herself, called m called me in tears the next n her make another quick batc quickly and then put it in the Her family was incredulous the try it and amazed that it was family holiday including birth	contribute someth ne ecstatic as it "ca norning as she had h, put it in the free e fridge to set til sh nat she had brough s so good. They no	ing to the family meal. ime out perfect", then eaten it all!!!! I had ezer to cool it down he left for her Mom's. ht anything, afraid to w have turkey for every			
	wired fox terror wiredfoxterror					
	Losing-Losing-Gone!					
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Dressings and D	Click <u>here</u> to show the t <u>On (Condiments,</u> hips)   Thread: <b>Easiest</b>	most recent reply f	irst. <u>Send Topic To a Friend</u>			
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	Posted - 14 November 2004 8:46	Posting				
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	wired fox terror					
	wiredfoxterror					
	Losing-Losing-Gone!					
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	Click <u>here</u> to show the r <u>t On (Condiments.</u> <u>pips)</u>   Thread: <b>Red Pepper</b>	nost	recent r	eply fir	st. <u>Send Topic To a Friend</u>
Author		P	osting		
wired_foxterror	Posted - 21 December 2004 15:24	Ş	Q		
	<ul><li>6 large sweet red peppers</li><li>2 Tbsp salt</li><li>1 cup cider vinegar</li><li>2 cups sugar substitute</li><li>red food coloring</li></ul>				

Seed the peppers & grind them coarsely in food processor. Put the peppers in a large bowl, add the salt, cover and let stand overnight. Drain off about half of the liquid, pout the peppers into a heavy saucepan and add the vinegar & sugar substitute. Bring to a boil, reduce heat and simmer for about 1 hour, stirring occasionally. Remove from heat and add the red food coloring a few drops at a time to make the jam a bright red. Cool slightly, stirring occasionally, and spoon into sterilized jars. Store in a cool, dark place and refrigerate after opening.

wiredfoxterror

Losing-Losing-Gone!

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	Click <u>here</u> to show the r <u>t On (Condiments,</u> i <u>ps)</u>   Thread: <b>Red Pepper</b>	nost	recent re	eply first. <u>Send Topic To a Friend</u>
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wired_foxterror	Posted - 21 December 2004 15:24	Ş	Q	
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wiredfoxterror

Losing-Losing-Gone!

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	Click <u>here</u> to show the most recent reply first. <u>Pour It On (Condiments,</u> <u>and Dips)</u>   Thread: <b>Heinz Like?</b> <u>Send Topic To a Friend</u>
Author	Posting
SizzLynn3	Posted - 25 September 2004 19:34 🦉 🍓
	<ul> <li>Heinz-like Ketchup – from Chuck Dudek</li> <li>12 oz. tomato paste</li> <li>12 oz. water</li> <li>6 oz. vinegar</li> <li>Legal Sweetener (The original recipe called for 10 Equal tablets or 5 packets)</li> <li>1 teaspoon onion powder</li> <li>1 tablespoon salt</li> <li>(optional) pinch of cloves, cumin, other spices you might like</li> <li>Dissolve Equal tablets in water then add remaining ingredients. Blend until combined.</li> <li>54 grams in entire recipe. 1 gram per tablespoon (about 1/4 Heinz)</li> <li>If you've been wanting something like Open Pit or Heinz BBQ sauce, this ain't it, but it's</li> <li>I haven't tried this recipe but it looks good</li> </ul>

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SizzLynn3	Posted - 25 September 2004 19:34 🤵 🍓
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	Click <u>here</u> to show the most recent reply first. <u>On (Condiments,</u> <u>ps)</u>   Thread: <b>Jalapeno</b> <u>Send Topic To a Friend</u>				
Author	Posting				
wired_foxterror	Posted - 21 December 2004 15:29 🦉 🍓				
	Jalapeno Pepper Jelly				
	<ul> <li>4 large green peppers</li> <li>14 medium jalapeno peppers</li> <li>1/2 cup fresh lemon juice</li> <li>1 cup cider vinegar</li> <li>6 cups sugar substitute</li> <li>6 ozs liquid pectin</li> <li>green food coloring</li> </ul>				
	Seed and grind the peppers in the food processor. Combine with lemon juice, vinegar and sugar substitute in a heavy 4 qt saucepan. Bring to a rolling boil and boil, stirring constantly, for about 15 minutes. Add the pectin and boil for 3 to 5 minutes more. Remove from the heat and add the green food coloring a few drops at a time to make the jelly a bright green. Cool slightly, stirring occasionally, and spoon into sterilized jars. Seal immediately and store in a cool dark place. Refrigerate after opening. wiredfoxterror				
	Losing-Losing-Gone!				

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	wiredfoxterror			
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Dressing's and	Click here to show the most recent reply first.r It On (Condiments,d Dips)  Thread: Ham & SourSend Topic To a Friendwich SpreadSend Topic To a Friend
Author	Posting
Author phoffer	Posted - 22 December 2004 8:4  Posted - 22 December 2004 8:4
	Patricia Hoffer Click here to show the most recent reply first. Click here to close thread (administrators & moderators only). Show All Forums   Back

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	Click <u>here</u> to show	the	most recent reply fir	st.
				Send Topic To a Friend
Author			Posting	
Nutmeg	Posted - 17 September 2004 12:57	<i>i</i>	<b>A</b>	

Hi All!! Since Suzanne is coming out with the new mushroom rubs, I was wondering if any of you wonderful chefs out there have designed your own mushroom rub recipes? I like to make stuff from scratch if at all possible, but I haven't been able to locate any mushroom rub recipes. Can anyone help?

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Dip Author	Posting	
phoffer	Posted - 5 November 2004 9:0 👮 🍓	
	<ul> <li>1 8 Oz. package cream cheese softened</li> <li>1/2 c sour cream</li> <li>1/4 tsp dried basil, crushed</li> <li>1/4 tsp garlic powder</li> <li>1/2 c pizza sauce</li> <li>1/4 c pepperoni, chopped</li> <li>1/4 c onions, chopped</li> <li>1/4 c green peppers, chopped</li> <li>1 c mozzarella cheese, shredded</li> <li>Preheat oven to 350 degrees</li> <li>mix together the cream cheese, sour cream</li> <li>basil and garlic powder,spread the mixture</li> <li>into a 9 inch pie plated. Pour the pizza</li> <li>sauce on top of the cheese mixture. Top</li> <li>with the pepperoni, onions and green peppers</li> <li>Bake for 10 minutes remove and sprinkle with</li> <li>the mozzarella cheese is melted.</li> <li>Serve with veggies, tastes fabulous with</li> <li>zucchini. Note* you could probably use</li> <li>some oregano with the basil if you want.</li> <li>Enjoy!!!</li> </ul>	

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phoffer       Posted - 5 November 2004 9:0       Image: Constraint of the set of th	Dip Author	Posting	
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Dressings	Click here to show the most recent reply first.         rums   Pour It On (Condiments,         essings and Dips)   Thread: Starlite's         Send Topic To a Friend         ney Mustard		
Author	Posting		
beebee1	Posted - 18 February 2004 7:41 🖉 🍓		
I would like a copy of Starlite's honey mustard recipe. Thanks.			
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Dressings	Click <u>here</u> to show the <u>Pour It On (Condiments,</u> <u>s and Dips)</u>   Thread: <b>Honey</b> <b>Dressing</b>	most recent reply first. Send Topic To a Friend
Author		Posting
Fricke	Posted - 9 April 2004 10:37 👮 🍓	
	Honey Mustard Dressing 3/4 cup Hellmans mayonnaise 3 tablespoons honey (sugar free) 3 tablespoons prepared mustard 1 tablespoon lemon juice Salt and freshly ground pepper to Combine ingredients in small bowl Keep refrigerated.	taste and whisk together until blended well.
	Click <u>here</u> to show the	most recent reply first.

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	Click <u>here</u> to show the most recent reply first. Pour It On (Condiments, and Dips)   Thread: anti Send Topic To a Friend dip				
Author	Posting				
Nanarb58	Posted - 17 November 2004 17:49 🖉 🍓				
	Roasted Garlic & Broccoli Cheese Spread Serving Size : 10 2 2/3 tablespoons Roasted garlic 1/2 pound Broccoli florets and stems 8 ounces Cream cheese 2 teaspoons Chives SOURCE: The Garlic Cookbook by David DiResta,				
	Remove skin or squeeze soft garlic from roasted cloves and set aside. Cook broccoli in a steamer for 3 to 4 minutes, or until bright green. Set aside and allow to cool. Combine broccoli, garlic, cream cheese and chives in a food processor. Process until mixture is smooth. Remove from food processor and chill for 2 1/2 hours. Roasted garlic adds terrific flavor to this spread without any added fat. This is a good dip for a party served with crackers or fresh veggies.				
	As Dory says"just keep on swimming,swimming,swimming!"				
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	Click <u>here</u> to show the <u>t On (Condiments,</u> <u>Dips)</u>   Thread: <b>Spinach &amp;</b> Legal?	mo	st recent	t reply first. <u>Send Topic To a Friend</u>
Author			Posting	g
Cinderella1124	Posted - 16 November 2004 7:12	ġ.	<b>O</b>	

I make this wonderful spinach and artichoke dip and I just wanted to make sure it was legal. All it is is chopped spinach, chopped artichokes (from a jar with oil), mozzarella cheese (full fat), cream cheese(full fat), mayo (full fat) and pepper. SOmetimes I put it on top of chicken. Is this legal? Please tell me it is, its too good to give up.

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	Click <u>here</u> to show the most recent reply Pour It On (Condiments, and Dips)   Thread: <b>Double</b> Dip	y first. <u>Send Topic To a Friend</u>
Author	Posting	
Nanarb58	Posted - 13 November 2004 6:52 🤵 🍓	
	This recipe is so quick and easy to make-it is delic caviar and substituted heavy cream for the milk)E	
	DOUBLE-SALMON DIP	
	Be sure to use the whipped cream cheese sold in smooth, light texture—and not the regular cream of dip seems a little salty, just serve it with unsalted	cheese in blocks. If the
	<ul> <li>2 8-ounce containers whipped cream cheese</li> <li>3 tablespoons whole milk (heavy cream)</li> <li>4 ounces thinly sliced smoked salmon, cut into 1/2</li> <li>2 tablespoons chopped fresh chives</li> <li>1 2-ounce jar red salmon caviar</li> </ul>	2-inch pieces
	Using rubber spatula, mash whipped cream cheese to blend. Fold in salmon and 1 tablespoon chives. taste. Gently fold in caviar. Cover and refrigerate 2 (Can be made 1 day ahead. Keep refrigerated.) Sp 1 tablespoon chives. Serve dip chilled.	Season with pepper to 2 hours to blend flavors.
	Makes about 3 cups. Bon Appétit March 2001	
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Author	Posting
klombas1	Posted - 26 October 2004 6:44 🖉 🍓
	Does anyone have some receipts for salt rubs or mushroom rubs that I can make myself? Thank you for your help. Klombas

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Dressings a	Click <u>here</u> to show the most recent reply first. <u>our It On (Condiments.</u> <u>and Dips)</u>   <u>Send Topic To a Friend</u> STERN/CATALINA DRESSING
Author	Posting
Nan48601	Posted - 13 October 2004 18:52 👷 🍓
	This recipe was posted on the SS site a couple of years or so ago by Marie 172 :
	<ul> <li>1 Tablespoon fresh minced onion</li> <li>1/4 cup white vinegar</li> <li>1 1/4 Tablespoons tomato paste</li> <li>1/2 teaspoon salt</li> <li>1/4 teaspoon pepper</li> <li>1 Tablespoon somersweet(1/2 cup sugar equiv.)</li> <li>1/2 teaspoon paprika</li> <li>1/2 teaspoon dry mustard</li> <li>1/2 cup vegetable oil</li> <li>Put all ingredients in blender except oil. Blend for three minutes. Gradually add oil and blend three to five min. more. *note*</li> <li>for more Western dressing use more sweetener, and for more Catalina use less</li> </ul>
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Dressings a	Click <u>here</u> to show the most recent reply first. <u>our It On (Condiments.</u> <u>and Dips)</u>   <u>Send Topic To a Friend</u> STERN/CATALINA DRESSING
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Atthor       Posting         pzH20       Posted - 28 August 2004 8:52       Image: Content of the second of the se		<u>s and Dips)</u>   Thread: <b>What NOT</b> 3Q Sauce Recipe…	Send Topic To a Friend
<ul> <li>Ok, So I read the other post on "BBQ sauce Recipe" and saw a suggestion of adding SF pancake syrup to sf ketchup. Being in a very experimenting mood and a huge light bulb shining over my dimly lit blonde head, I thought "SI Ketchup and Suzannes "BBQ Salt Rub" Would that work" Soooo, I ran to the kitchen, as I have been looking for a good, easy, effortless and lazy bbd sauce, and mixed some up.</li> <li>Eagerly anticipating my new creation I took out a piece of cooked chicken and slapped some on. My mouth watered. The corners of my mouth curled upward into a big smile as I slowly opened my mouth and took a big bite. The light bulb that was burning so brightly over my head went "Poof" and disappeared. One eye started to twitch and I am almost sure several very treasured brain cells must have died.</li> <li>Why couldn't someone have reminded me that the main ingredient in Suzannes "BBQ Salt Rub" was SALTI.</li> <li>The delicate flavor of the ketchup was not hightened by the flavor of bbq. The ketchup only enhanced the flavor of the salt.</li> <li>Do not try this at home unless you swim in the ocean and can breath under water.</li> <li>However, I do recommend the salt rub on beef or chicken Just not with ketchup.</li> <li>Click here to show the most recent reply first. Click here to close thread (administrators &amp; moderators only).</li> </ul>	thor	Pos	ting
<ul> <li>adding SF pancake syrup to sf ketchup. Being in a very experimenting mood and a huge light bulb shining over my dimly lit blonde head, I thought "Sl Ketchup and Suzannes "BBQ Salt Rub" Would that work" Soooo, I ran to the kitchen, as I have been looking for a good, easy, effortless and lazy bbc sauce, and mixed some up.</li> <li>Eagerly anticipating my new creation I took out a piece of cooked chicken and slapped some on. My mouth watered. The corners of my mouth curled upward into a big smile as I slowly opened my mouth and took a big bite. The light bulb that was burning so brightly over my head went "Poof" and dissappeared. One eye started to twitch and I am almost sure several very treasured brain cells must have died.</li> <li>Why couldn't someone have reminded me that the main ingredient in Suzannes "BBQ Salt Rub" was SALT!.</li> <li>The delicate flavor of the ketchup was not hightened by the flavor of bbq. The ketchup only enhanced the flavor of the salt.</li> <li>Do not try this at home unless you swim in the ocean and can breath under water.</li> <li>However, I do recommend the salt rub on beef or chicken Just not with ketchup.</li> <li>Click here to show the most recent reply first. Click here to close thread (administrators &amp; moderators only).</li> </ul>	zH2O	Posted - 28 August 2004 8:52 👳 🍓	
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Click here to close thread (administrators & moderators only).			on beef or chicken Just not with
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output       Posturg         ozH20       Posted - 28 August 2004 8:52       Image         Ok, So I read the other post on "BBQ sauce Recipe" and saw a suggestion of adding SF pancake syrup to sf ketchup. Being in a very experimenting mood, and a huge light bulb shining over my dimly lit blonde head, I thought "SF Ketchup and Suzannes" BBQ Salt Rub" Would that work" Soooo, I ran to the kitchen, as I have been looking for a good, easy, effortless and lazy bbg sauce, and mixed some up.         Eagerly anticipating my new creation I took out a piece of cooked chicken and slapped some on. My mouth watered. The corners of my mouth curled upward into a big smile as I slowly opened my mouth and took a big bite. The light bulb that was burning so brightly over my head went "Poof" and disappeared. One eye started to twitch and I am almost sure several very treasured brain cells must have died.         Why couldn't someone have reminded me that the main ingredient in Suzannes "BBQ Salt Rub" was SALT!.         The delicate flavor of the ketchup was not hightened by the flavor of bbq. The ketchup only enhanced the flavor of the salt.         Do not try this at home unless you swim in the ocean and can breath under water.         Lick here to show the most recent reply first. Click here to close thread (administrators & moderators only).         Show All Forums   Back		3Q Sauce Recipe	
<ul> <li>Ok, So I read the other post on "BBQ sauce Recipe" and saw a suggestion of adding SF pancake syrup to sf ketchup. Being in a very experimenting mood, and a huge light bulb shining over my dimly lit blonde head, I thought "SF Ketchup and Suzannes "BBQ Salt Rub" Would that work" Soooo, I ran to the kitchen, as I have been looking for a good, easy, effortless and lazy bbq sauce, and mixed some up.</li> <li>Eagerly anticipating my new creation I took out a piece of cooked chicken and slapped some on. My mouth watered. The corners of my mouth curled upward into a big smile as I slowly opened my mouth and took a big bite. The light bulb that was burning so brightly over my head went "Poof" and dissappeared. One eye started to twitch and I am almost sure several very treasured brain cells must have died.</li> <li>Why couldn't someone have reminded me that the main ingredient in Suzannes "BBQ Salt Rub" was SALTI.</li> <li>The delicate flavor of the ketchup was not hightened by the flavor of bbq. The ketchup only enhanced the flavor of the salt.</li> <li>Do not try this at home unless you swim in the ocean and can breath under water.</li> <li>However, I do recommend the salt rub on beef or chicken Just not with ketchup.</li> <li>Click here to show the most recent reply first. Click here to close thread (administrators &amp; moderators only).</li> </ul>	uthor ozH20	Posted - 28 August 2004 8:52	
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Click here to close thread (administrators & moderators only).			eef or chicken Just not with
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	Click here to show the	e most recent reply fir	rst.
	<u>ur It On (Condiments,</u> nd Dips)   Thread: <b>B-BQue</b>		Send Topic To a Friend
Author		Posting	
lbsGottaGo	Posted - 9 October 2004 13:48	<b>a</b>	
	Help!! I lost my recipe for B-B ago. I remember it called for s tom. paste and I forget what e	several packets of Sple	enda, onion, vinegar,
	Click <u>here</u> to show the Click <u>here</u> to close thread (ad		

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Dressings a	Click <u>here</u> to show <u>our It On (Condiments,</u> nd Dips)   Thread: <b>The Best</b> se Dressing	the most recent reply fir	rst. <u>Send Topic To a Friend</u>
Author		Posting	
domsmum	Posted - 8 October 2004 20:5	<b>Q</b>	
	I make this dressing a lot. It you feel like a quick salad.	's great for company or	just over iceberg when
	<ul> <li>3 ounces blue cheese, crumb</li> <li>5 Tablespoons cream</li> <li>5 Tablespoons sour cream</li> <li>3 Tablespoons mayonnaise</li> <li>1 Tablespoon white wine vine</li> <li>1/8 teaspoon garlic powder</li> <li>1/2 teaspoon salt</li> <li>1/4 teaspoon black pepper</li> </ul>		
	With a fork, mash the blue c resembles cottage cheese. M wedges. Arrange cucumber a couple of green olives and so some celery sticks to the sid I got this recipe from Cook's somersizing. It's just as good and sugar.	ix in remaining ingredier and tomato slices around ome croutons on each sa e for dipping. Illustrated The Quick Re	nts. Serve over lettuce I lettuce. I also put a alad. I've also put ecipe and adapted it for
	Click here to show	the most recent reply fir	rst.

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Dressings a	Click <u>here</u> to show the most recent reply first. <u>our It On (Condiments,</u> <u>and Dips)</u>   Thread: <b>The Best</b> <u>Send Topic To a Friend</u> <b>se Dressing</b>
Author	Posting
domsmum	Posted - 8 October 2004 20:5 🖉 🍓
	I make this dressing a lot. It's great for company or just over iceberg when you feel like a quick salad.
	<ul> <li>3 ounces blue cheese, crumbled (about 3/4 cup)</li> <li>5 Tablespoons cream</li> <li>5 Tablespoons sour cream</li> <li>3 Tablespoons mayonnaise</li> <li>1 Tablespoon white wine vinegar</li> <li>1/8 teaspoon garlic powder</li> <li>1/2 teaspoon salt</li> <li>1/4 teaspoon black pepper</li> </ul>
	With a fork, mash the blue cheese and cream together until the mixture resembles cottage cheese. Mix in remaining ingredients. Serve over lettuce wedges. Arrange cucumber and tomato slices around lettuce. I also put a couple of green olives and some croutons on each salad. I've also put some celery sticks to the side for dipping. I got this recipe from Cook's Illustrated The Quick Recipe and adapted it for somersizing. It's just as good as the original recipe whick uses buttermilk and sugar.
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Click <u>here</u> to show the	e most recent reply first.
<u>Forums   Pour It On (Condiments,</u>	
Dressings and Dips)   Thread: where's the	Send Topic To a Friend
ketchup?	
Author	Posting
Gerilynn Posted - 24 September 2004 10:36 🤵	<b>a</b>

I read on the board somewhere that you all are finding a low carb ketchup made by heinz. I thought you said it was with a green cap and green label. I have been looking all over K.C. for it. I did finally find a green cap/label Heinz ketchup but it was low salt. HELP!!! I love ketchup and would love to try the carb 1, but in the posting it said the 1 carb by this other brand name wasn't as good. Does this ring a bell with any of my fellow SSers?

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<u>Forums</u>	<u>Pour It On (Condiments,</u>	
Dressing	<u>s and Dips)</u>   Thread: <b>Salad</b>	Send Topic To a Friend
Dressing	gs - minus the OIL???	
Author	Pos	ting
alli5118	Posted - 4 October 2004 12:13 🖉 🍓	

Can anyone recommend a commerically made salad dressing that has no sugar and has flavor? And another that has no sugar and no oil? Or perhaps a recipe?? I can made an Italian with no sugar, but I can't find anything that has no homogenized fats or oils to use when I'm eating carbs with my salad! Thanks.

~Alli

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<u>Forums</u>	<u>Pour It On (Condiments,</u>	
Dressing	<u>s and Dips)</u>   Thread: <b>Salad</b>	Send Topic To a Friend
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Author	Posting
SizzLynn3	Posted - 25 September 2004 19:29 🦉 🍓
	Teriyaki Marinade – from Chuck Dudek 1/2 cup oil 1 Tbsp. fresh ginger Sweetener to taste (the orig recipe called for 9 tabs Equal) 1 cup soy sauce 1/4 cup sherry 3 cloves garlic Mix and pour over meat. Let sit for 4-12 hours. Really works well for London Broil.
	I hope this is legal!
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	Click <u>here</u> to show the most recent reply first. <u>Forums   Pour It On (Condiments,</u> <u>Dressings and Dips)</u>   Thread: <b>Teriyaki</b> <u>Send Topic To a Friend</u> <u>Marinade</u>				
Author	Posting				
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	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).				

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Forums   Pour It O Dressings and Dips chutney	Click <u>here</u> to show the most recent reply firn n (Condiments, b)   Thread: cilantro	rst. <u>Send Topic To a Friend</u>
Author	Posting	
notsoskinnyminny	Posted - 12 September 2004 19:33 🤵 🍓	
	Hi everyone! I'm a newbie to SS. I've only be a month and I love it. Haven't lost much weig hopefull. I love this website and all of your co an amazing resource. So here my little contribution. This chutney is great for a veggie sandwich w cucumberand red onion also with fish and ch	ght yet, but I'm ontributions to it. It's with tomato,
	Cilantro chutney 2 bunches of cilantro (ends removed but kee 1 small red onion 1 tomato 1 clove garlic 1-2 jalpeano pepper (upto you) 1/4-1/2 cup lemon juice (however tart you lil salt and pepper to taste chop the tomato, onion,garlic and jalapeno in put them in the bottom of you blender add cilantro bunches, salt and pepper and 1/ blend all for 2-3 minutes should look like a pesto taste and adjust seasoning hope you like this	ke it) nto large chunks and
	Click <u>here</u> to show the most recent reply find Click <u>here</u> to close thread (administrators & moderators of the state of	

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Forums   Pour It O Dressings and Dips chutney	Click <u>here</u> to show the most recent reply <u>n (Condiments,</u> <u>a)</u>   Thread: <b>cilantro</b>	first. Send Topic To a Friend
Author	Posting	
notsoskinnyminny	Posted - 12 September 2004 19:33 👮 🍓	
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Gab About Garb	167	Jan 5, 2009 14:23	B Admin
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Butter	<u>ips)</u>   Thread: <b>Zucchini</b>		Send Topic To a Friend	
Author		Posting		
wired_foxterror	Posted - 8 January 2009 18:29 🛛 👰	-		
	Zucchini Butter You won't believe how amazing homemade apple butter. AND t spread on crusty carbos like br pro/fats and/or veggies.	his is a veggie so	it can be used as a	
	Zucchini Butter (Level 1)			
	<ul> <li>peeled and seeded zucchini to</li> <li>4 tablespoons vinegar</li> <li>1 teaspoon lemon juice</li> <li>2 cups sugar substitute (I use</li> <li>1 teaspoon powdered cinnamor</li> <li>2 drops of red food coloring</li> </ul>	W hey L ow)	rsely chopped	
	Add zucchini and vinegar to blender. Blend until smooth.			
	Pour the zucchini mixture into ingredients and mix. Turn heat simmer for 3 to 3 3/12 hours, is thick. Remove from heat, all	on low to mediu stirring occasiona	m-low and allow to ally, until the mixture	
	Enjoy!			
	Foxye Somersizing since 01/03 230/165/165			
	Visit my blog at www.wiredfoxt	error.blogspot.co	m	
	Join us in the Yahoo Somersizir http://groups.yahoo.com/group			
	A smile is a curve that sets everything straight.			
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Author	Po	osting
Rinky	Posted - 15 March 2005 14:27 🤵 🍓	
	<ul> <li>1 clove garlic minced</li> <li>1/3 c. olive oil</li> <li>2 tsp. anchovey paste</li> <li>1 tsp. worchestershire</li> <li>1/4 tsp. salt</li> <li>1/4 tsp.dry mustard</li> <li>fresh ground pepper</li> <li>3 Tbl. mayo</li> <li>2 Tbl. lemon juice</li> <li>1/3 c. parmesan</li> <li>mix well.</li> <li>Click here to show the most rest of the close thread (administration)</li> </ul>	1.5

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 $http://legacy.suzannesomers.com/...aeser+dressing\&forum_id=110\&forum_title=Pour+It+On+\%28Condiments\%2C+Dressings+and+Dips\%29[9/8/14, 10:08:28 AM]$ 

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Author		Posting
IbsGottaGo Posted - 6 January 2009 9:19 🔮 🍓 I use to have a recipe from the boards for Caesar Salad Dressing that great. It used Olive oil, Parmesan Cheese, Brown Mustard and Anchov Paste are the only ingredients I remember. Can anyone help me out w ingredients		boards for Caesar Salad Dressing that was n Cheese, Brown Mustard and Anchovy
	Click <u>here</u> to show the r Click <u>here</u> to close thread (admi	1.5

#### Post New Topic for: Caesar Salad Dressing

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wired_foxterror       Posted - 22 December 2008 18:44       Image: Control of the second seco	Syrup Author	Posting	
<ul> <li>Maple Syrup (Level 1)</li> <li>2 cups sugar substitute (I use W hey L ow)</li> <li>1 cup water</li> <li>1 or 2 teaspoons maple extract</li> <li>Put the sugar substitute into a small saucepan, then slowly pour the water over it. Turn the burner on high. DO NOT STIR. When the mixture starts to boil check to see if the sugar substitute has dissolved into the water. If you still see granules let it boil another 15 seconds. Remove from heat and stir in the maple extract.</li> <li>Store in an airtight container. DO NOT REFRIGERATE as it will crystalize.</li> <li>Enjoy!</li> <li>Foxye</li> <li>Somersizing since 01/03 230/165/165</li> <li>Visit my blog at www.wiredfoxterror.blogspot.com</li> <li>A smile is a curve that sets everything straight.</li> <li>Click here to show the most recent reply first.</li> <li>Click here to close thread (administrators &amp; moderators only).</li> </ul>		_	
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<ul> <li>1 cup water</li> <li>1 or 2 teaspoons maple extract</li> <li>Put the sugar substitute into a small saucepan, then slowly pour the water over it. Turn the burner on high. DO NOT STIR. When the mixture starts to boil check to see if the sugar substitute has dissolved into the water. If you still see granules let it boil another 15 seconds. Remove from heat and stir in the maple extract.</li> <li>Store in an airtight container. DO NOT REFRIGERATE as it will crystalize.</li> <li>Enjoy!</li> <li>Foxye</li> <li>Somersizing since 01/03 230/165/165</li> <li>Visit my blog at www.wiredfoxterror.blogspot.com</li> <li>A smile is a curve that sets everything straight.</li> <li>Click here to show the most recent reply first. Click here to close thread (administrators &amp; moderators only).</li> </ul>		Maple Syrup (Level 1)	
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crystalize. Enjoy! Foxye Somersizing since 01/03 230/165/165 Visit my blog at www.wiredfoxterror.blogspot.com A smile is a curve that sets everything straight. Click here to show the most recent reply first. Click here to close thread (administrators & moderators only).		water over it. Turn the burner on high. I mixture starts to boil check to see if the dissolved into the water. If you still see	DO NOT STIR. When the sugar substitute has granules let it boil another 15
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A smile is a curve that sets everything straight. Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).		Somersizing since 01/03	
Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).		Visit my blog at www.wiredfoxterror.blog	spot.com
Click here to close thread (administrators & moderators only).		A smile is a curve that sets everything s	traight.
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#### Post New Topic for: Maple Syrup

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	Click <u>here</u> to show the most recent reply fin t <u>On (Condiments,</u> <u>vips)</u>   Thread: <b>Mexican</b>	rst. <u>Send Topic To a Friend</u>
Author	Posting	
wired_foxterror	Posted - 19 December 2008 18:9 👮 🍓	
	I roll this up in lettuce leaves for lunch, or serv tomatoes, onions & cheese layered on top.	e it as a dip with the
	Mexican Rollups or Dip (Level 1)	
	<ul> <li>1 8 oz package cream cheese</li> <li>1 cup sour cream</li> <li>1 tbs chili powder</li> <li>1/4 teaspoon granulated garlic</li> <li>1/4 teaspoon onion powder</li> <li>1/4 teaspoon cayenne</li> <li>1/4 teaspoon oregano</li> <li>1/2 teaspoon paprika</li> <li>2 teaspoons ground cumin</li> <li>1 teaspoon kosher salt</li> <li>chopped tomatoes</li> <li>chopped green onions</li> <li>Shredded cheese (cheddar, mexican blend, etc)</li> </ul>	
	Mix together the cream cheese, sour cream and combined. Spread on lettuce leaves, top with cl onions and cheese. Roll up and serve.	· · · · · · · · · · · · · · · · · · ·
	For a dip, mix together the cream cheese, sour well combined. Transfer to a bowl. Layer chopp onions and shredded chese on top. Serve with sticks for dipping.	ed tomatoes, green
	Enjoy!	
	Foxye Somersizing since 01/03 230/165/165	
	Visit my blog at www.wiredfoxterror.blogspot.cc	m
	A smile is a curve that sets everything straight.	
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#### Post New Topic for: Mexican Rollups or Dip

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Author		Posting		
wired_foxterror	Posted - 11 November 2008 4:8	<b>Q</b>		
	This is excellent on burgers or is even good stirred into veggie		uld use ketchup on. It	
	Texan Tomato Relish			
	<ol> <li>tablespoon olive oil</li> <li>1/2 cup finely chopped vidalia</li> <li>1 cup diced canned tomatoes</li> <li>2 tablespoons apple cider vineg</li> <li>2 tablespoons brown sugar sub</li> <li>1 pickled jalapeno, finely chopp salt</li> </ol>	gar stitute (Euse W I	L Gold)	
	Heat olive oil in a medium saut and cook until they soften and			
	Add tomatoes, sugar substitute then turn down the heat and si will be thick and have a jamlike	immer for 25 to 3	35 minutes. The relish	
	Store in a jar with a lid in the refrigerator.			
	Click <u>here</u> to show the mose Click <u>here</u> to close thread (administ			
	Show All Forum	is   <u>Back</u>		

#### Post New Topic for: Texan Tomato Relish

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Click here to show the most recent reply first.         Forums   Pour It On (Condiments,         Dressings and Dips)   Thread: zucchini       Send Topic To a Friend         noodles		
Author	Posting	
scarlett60	Posted - 1 October 2008 7:9 👮 🖏	
	Could someone please tell me how to make zucchini noodles? I bought a mandolin and would love to use it and make some "spaghetti" Thanks!	
	Click here to show the most recent reply first. Click here to close thread (administrators & moderators only).	
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#### Post New Topic for: zucchini noodles

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Click here to show the most recent reply first. Forums | Pour It On (Condiments, Dressings and Dips) | Thread: Repost of Send Topic To a Friend Pizza Sauce Author marie172 Posted - 14 October 2006 19:52 9 Wow, I can't find my recipe for this on the boards. It must be buried deep! I thought I would repost it for anyone looking for an easy pizza sauce that can be used for both carbo or pro/fat, and a sauce for using on anything. I like it on chicken! Pizza Sauce (Level One - Veggie) 8oz can tomato sauce 7-1/2oz undrained tomatoes, cut up (I use pureed) 1/4c chopped onion 2 tsp dried basil, crushed 1 tsp dried oregano, crushed 1 tsp minced garlic dash pepper Place all ingredients in saucepan. Bring to boil; reduce heat. Cover and let simmer for 10 minutes, or until onion is tender. _____ This works great if you double, or even guadruple it for freezing the extra. I don't crush anything, but just dump it all in the sauce pan. I use pureed tomatoes because my kids don't like "chunks". Edited by - marie172 on 10/15/2006 7:06:40 AM Click here to show the most recent reply first. Click here to close thread (administrators & moderators only).

#### Post New Topic for: Repost of Pizza Sauce

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	Click <u>here</u> to show the most recent reply fir our It On (Condiments, and Dips)   Thread: <b>Another</b> essing	rst. <u>Send Topic To a Friend</u>	
Author	Posting		
ChubChub	Posted - 22 August 2005 15:10 🖉 🍓		
	Ranch Dressing		
	1 c. sour cream 1/2 c. mayo 1-1/2 tsp. dried chives 1-1/2 tsp. dried parsley 3/4 tsp. dried dill weed 3/4 tsp. garlic powder 3/4 tsp. onion powder 1/4 + 1/8 tsp. salt 1/4 tsp. pepper		
	Just mix everything together.		
	* Be careful not to make the 3/4 tsp. of dill weed, heaping tsps. It's very easy for this very strong ingredient to overpower the other flavors.		
	Click here to show the most recent really fi	ret	

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#### Post New Topic for: Another Ranch Dressing

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<u>Dressing</u> s	Click <u>here</u> to show the most recent <u>Pour It On (Condiments,</u> <u>and Dips)</u>   Thread: <b>Kraft</b> d Island Salad Dressing, from Desting	t reply first. <u>Send Topic To a Friend</u>
	Posted - 18 September 2003 9:23 🦉 🍓	
	<ul> <li>1/2 cup mayonnaise</li> <li>2 tablespoons ketchup (I use Suzanne's or Estee sugar free brand)</li> <li>1 tablespoon white vinegar</li> <li>2 teaspoons sugar (use substitute)</li> <li>2 teaspoons dill relish</li> <li>1 teaspoon finely minced white onion (I use dried, it's easier)</li> <li>1/8 teaspoon salt</li> <li>dash of pepper</li> <li>Combine all ingredients in a small bowl. Stir well. Place dressing in a covered container and refrigerate for several hours, stirring occasionally, so that the sugar dissolves and the flavors blend. Makes about 3/4 cup. Top Secret</li> </ul>	

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#### Post New Topic for: Kraft Thousand Island Salad Dressing, from DebB

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	Click <u>here</u> to show the most recent reply first.   <u>Pour It On (Condiments,</u> <u>Is and Dips)</u>   Thread: <b>Boursin</b> <u>Send Topic To a Friend</u>
Author	Posting
jdrose	Posted - 1 November 2005 8:48 🖉 🖏
	Here's a delicious recipe for Boursin Cheese I usually add more garlic. Enjoy Boursin Cheese
	<ul> <li>16 oz. Cream cheese (softened is easier)</li> <li>8 oz. Butter or margarine (softened is easier)</li> <li>2 cloves garlic minced</li> <li>1 t oregano</li> <li>¼ t each of:</li> <li>Thyme</li> <li>Basil</li> <li>Marjoram</li> <li>Dill Weed</li> <li>Black Pepper</li> </ul>
	Cream together cream cheese and butter. Mix in the Seasonings and let sit for 4-5 hours before serving to Blend the flavors. Refrigerate
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).
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#### Post New Topic for: Boursin Cheese

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Author	ed Sugar Ketchup	osting
lacyci	Posted - 23 May 2008 12:12 🦉 🍓	
	Tomato concentrate made from red i powder spice, surcalose, natural flav	ripe tomatoes, distilled vingar, salt, onion oring
	would load the ketchup up! I was me	In the past when I had french fries I ore into the ketchup than the fries. Just t this weekend) would it be ok to use this )
	Have a great day! pam :)	
	started 3/4/08 167/152/140 goal by 7/1 http://www.suzanne24.com/glamoro pam2896@suzanne24.com	uspjt
	Join SUZANNE for only \$10 & get FA ASK ME HOW!!	BULOUS wholesale prices!!
	EXTENDED FOR MAY 25% off Gourm	et Food!!
	40% OFF BUY 5 GET ONE FREE PRO	TEIN SHAKES!!!!
	Click <u>here</u> to show the n Click <u>here</u> to close thread (admir	
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#### Post New Topic for: Heinz Reduced Sugar Ketchup

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Author	Posting	
glassart	Posted - 29 December 2005 8:44 🖉 🍓	
	Has anyone made a cheese sauce using table cream? It one would think it would be quicker? Smile,s Ruth	is already reduced so
Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only). Show All Forums   Back		

#### Post New Topic for: table cream

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Author	Posting	J
llacyci	Posted - 23 June 2008 20:7 🦉 🍓	
	Hi, If you purchased simmer sauces on HSN la might want to check your price. They are c your credit. I did.	
	I just wanted to let everyone know that the night! pam :)	ere is a price change. Have a grea
	started 3/4/08 167/149/140 goal by 7/1 http://www.suzanne24.com/glamorouspjt pam2896@suzanne24.com	
	BECOME A SUZANNE PREFERRED CUSTOME ASK ME HOW!!	ER "FREE" & BUY AT WHOLESALE!!
	TRY ANTI-AGING POLLEN BURST!	
	NO TIME TO EAT? HAVE A GREAT TASTING	PROTEIN SHAKE!
	TAKE CARE OF THE MAN IN YOUR LIFE F	PROJOBA PROSTAT FOR MEN
	Click <u>here</u> to show the most re Click <u>here</u> to close thread (administrators	
	Show All Forums   E	<u>Back</u>

#### Post New Topic for: Simmer Sauces on HSN sale price

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	Click <u>here</u> to show the most recent reply f	first.
	<u>ur It On (Condiments,</u> <u>d Dips)</u>   Thread: <b>2 Hellman's</b> e <b>s</b>	Send Topic To a Friend
Author	Posting	
mamalaurie	Posted - 28 April 2007 5:54 🖉 🍓	
	HELLMAN'S MAYO http://www.budget101.com	
	1 egg (room temperature) 1 tsp dry mustard 1 tsp salt 1/4 cup vegetable oil a dash cayenne pepper 1 cup vegetable oil 3 TB vinegar	
	Place first 5 ingredients in blender on low speed While machine is blending, SLOWLY pour in anothe Add the vinegar and remaining oil. Blend until firm	
	http://www.budget101.com/recipes/id254.htm	
	Hellman's Mayonnaise Recipe CDKitchen Submitted by: Genny Blake	
	Ready in: 30 minutes recipe difficulty 2/5 Difficulty: 2 (1=easiest :: hard Serves/Makes: 1.5 cups	dest=5)
	<ol> <li>egg (at room temp)</li> <li>teaspoon dry mustard</li> <li>teaspoon salt</li> <li>1/4 cup oil (any typecorn, vegetable, canola)</li> <li>dash cayenne pepper</li> <li>tablespoons lemon juice or vinegar (I like it with</li> </ol>	n vinegar better)
	Directions: Place egg, mustard, salt, cayenne pepper and 1/4 blend on low.	c. oil in blender and
	While the machine is blending, SLOWLY pour in an may have to stop and scrape down the mayo. Add juice/vinegar and the remaining 1/2 c. oil. Blend u Store in refrigerator, tightly covered.	the lemon
	This recipe for Hellman's Mayonnaise serves/make	s 1.5 cups
	Recipe ID: 16883	

Please note: This is a copy cat recipe submitted to CDKitchen.

Somersizer since 1997....Hang in there... I know this DOES work

mamalaurie

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#### Post New Topic for: 2 Hellman's Mayo recipes

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Dressings	Click <u>here</u> to show the most recent reply first. <u>Pour It On (Condiments,</u> <u>and Dips)</u>   Thread: <b>Creamy</b> <u>Send Topic To a Friend</u> <b>m Sauce not quite right</b>
Author	Posting
Julie2008	Posted - 21 May 2008 14:52 🖉 🍓
	Hi! I made the creamy mushroom sauce last week and it turned out way too thin. Does anybody know where I could've gone wrong?
	Julie2008 190/187/140 Since 5/08
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).
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#### Post New Topic for: Creamy Mushroom Sauce not quite right

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Author		Posting	
Cosmo Curves	Posted - 17 May 2008 9:47 👮 🚳		
	Grabbed this up from a website someone else had posted. Wanted to post here so I could find it in the future, and share with you to enjoy. This looks really tasty and easy. They used this as a sauce for salmon. I think it would also be great for chicken.		
	2 cups cream 1 cup cream cheese chipotles to taste		
	Blend until the chiles are well ground.		
	That's it! I'd probably add a little bit of sea salt and fresh cracked pepper. Maybe even a sprig of cilantro for garnish (and flavor of course)		
	Hope to make this someday soon. Will report back when I do so.		
	214/211/150 - 5/12/08		
	Click <u>here</u> to show the Click <u>here</u> to close thread (ad		
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#### Post New Topic for: Chipotle Cream Sauce

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	Click <u>here</u> to show the most recer <u>r It On (Condiments,</u> <u>I Dips)</u>   Thread: <b>Starlite's</b>	nt reply first. <u>Send Topic To a Friend</u>
Author	Posting	g
Erialicia	Posted - 28 November 2003 21:28 👮 🍓	
	Could someone please post this for mean thanks	?
	Click <u>here</u> to show the most recer Click <u>here</u> to close thread (administrators & r	1.5

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#### Post New Topic for: Starlite's catsup

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Author	Marinade and Sauce Posting	
IWedRich	Posted - 17 September 2006 14:16 👳 🍓	
	I devloped this Thursday night to eat with DebB's Faux Fried Rice. And let me just say YUMM-EE!!	
	<ul> <li>TERIYAKI SRIRACHA MARINADE AND SAUCE</li> <li>1 c. granular (pourable) Splenda</li> <li>1 c. sugar free breakfast syrup</li> <li>2/3 c. soy sauce</li> <li>1 T. Sriracha Hot Chili Sauce (Asian section of market - can use less if you like it less spicy)</li> <li>2 t. sesame seeds (optional - they are not level 1)</li> <li>4 t. red wine vinegar</li> <li>1 T. minced garlic</li> </ul>	
	Mix all together. Marinade meats and/or use as a sauce. This is delicious!	
	Lovin' Jesus and Lovin' Life!	
	Edited by - IWedRich on 10/25/2006 3:06:19 PM	

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#### Post New Topic for: Teriyaki Sriracha Marinade and Sauce

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Author		Posting		
jazzmegirl Posted - 20 April 2008 14:41 🖉 🚳		h a carb salad, like with		
beans or WW pasta? Thanks. Amie				
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Author	Posting	
Dory3	Posted - 24 March 2004 20:20 👳 🍓	
	Does anyone have a bleu cheese receipe? Thanks, Dory	
	Click <u>here</u> to show the most recent reply find the click <u>here</u> to close thread (administrators & moderators of the click <u>here</u> to close thread (administrators a moderators of the click <u>here</u> to close thread (administrators a moderators of the click <u>here</u> to close thread (administrators a moderators of the click <u>here</u> to close thread (administrators a moderators of the click <u>here</u> to close thread (administrators a moderators of the click <u>here</u> to close thread (administrators a moderators of the click <u>here</u> to close thread (administrators a moderators of the click <u>here</u> to close thread (administrators a moderators of the click <u>here</u> to close thread (administrators a moderators of the click <u>here</u> to close thread (administrators a moderators	

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#### Post New Topic for: Bleu Cheese Dressing

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Author	Posting	
slowdon	Posted - 8 August 2004 18:6 🤵 🍓	
	Does anyone have a good S & S Sauce recipe that they liked. Thanks	have tried and really
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#### Post New Topic for: Sweet & Sour Sauce

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Dressings and Thread: <b>HEL</b>	nd Dips)     Send Topic To a Friend       PSweet and Sour Sauce     Send Topic To a Friend					
Author	Posting					
hotmama3	Posted - 12 March 2008 11:35 🤵 🍓					
	Does anyone have a recipe for a sweet and sour sauce. I am making son Somersize Chicken Nuggets and would love to make a sweet and sour sauce. Thanks! Renee					
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#### Post New Topic for: HELP...Sweet and Sour Sauce

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Author	Posting				
TrishL	Posted - 11 March 2004 9:45 🤵 🍓				
Does anyone have a recipe for sweet & sour sauce?					
	Thanks!				
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#### Post New Topic for: Sweet & Sour Sauce

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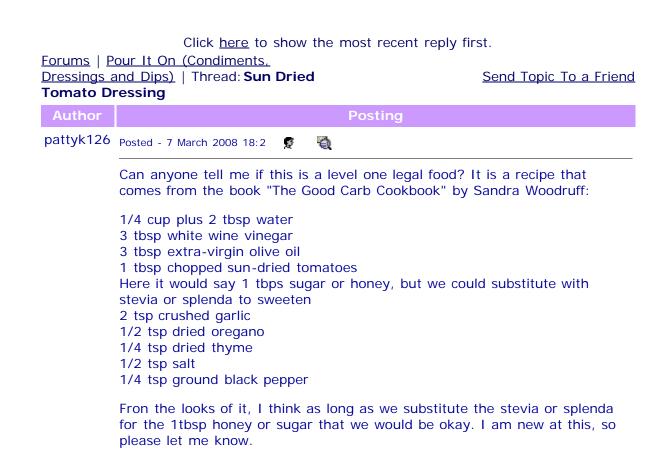
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Patty

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#### Post New Topic for: Sun Dried Tomato Dressing

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Dressing	Click <u>here</u> to show the most recent reply first. <u>Pour It On (Condiments.</u> <u>s and Dips)</u>   Thread: <b>Chive</b> , <u>Send Topic To a Friend</u> <b>Yogurt Dip</b>				
Author	Posting				
mamabj	Posted - 8 March 2007 9:7 🖉 🖏				
	Chive, Cilantro and Yogurt Dip 1 cup plain yogurt* 2 tbsp chives, finely chopped 1 tbsp cilantro, finely chopped scant ½ tsp salt, to taste ¼ tsp garlic powder (or ½ minced garlic clove I had a veggie sandwich on ww pita with this for dressing. So good. It won't be hard to use this up at all.				
	mamabj				
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).				
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#### Post New Topic for: Chive, Cilantro Yogurt Dip

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Click <u>here</u> to show the most recent reply first. <u>Forums   Pour It On (Condiments,</u> <u>Dressings and Dips)</u>   Thread: <b>Our</b> <u>Send Topic To a Frience</u> <b>favorite Blue Cheese Dressing</b>					
Autho	-	Posting			
DebB	Posted - 16 February 2008 17:28	<b>A</b>			
	I received this through a low carb emailing I subscribe to. I've tweaked it though, so I'll post my tweaks as we like it less thick than the original rec				
	<ul> <li>3/4 cup sour cream</li> <li>1/2 teaspoon dry mustard</li> <li>1/2 teaspoon black pepper</li> <li>1/2 teaspoon salt</li> <li>1/2 teaspoon garlic powder</li> <li>1 teaspoon Worcestershire Sau</li> </ul>	ICE			
	3/4 cup mayo 9 tablespoons cream 1 teaspoon dried minced onion 6 ounces crumbled Blue cheese				
	Combine first 6 ingredients in a mixing bowl and blend with an electric for 2 minutes at low speed. Add mayo and blend for about 2 more min medium speed. Sowly add blue cheese and blend at low until complete combined, but with some small chunks of cheese remaining.				
	Deb's notes: The original reciphalf and half). It was very thic onion, but I substitute the drie	k. It also called for 1 t			
	I buy Rosenborg brand blue ch	eese at Walmart.			
	I'm not a big blue cheese dres recipe. I hope you enjoy! *Ü*	sing fan, but my husba	and is and he loves this		
	Started Somersizing 2-01 Our favorite Tried & True SS re http://recipecircus.com/recipes	· · ·			
	Edited by - DebB on 2/17/2008	3 7:35:39 AM			
		the most recent reply (administrators & moderator			
	Show A	<u>II Forums   Back</u>			

#### Post New Topic for: Our favorite Blue Cheese Dressing

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	Ind Dips)     Image: Tracked     Send Topic To a Friend       mesan Dressing     Send Topic To a Friend
Author	Posting
mamalaurie	Posted - 12 February 2008 7:56 🦉 🍓
	Cracked Pepper Parmesan Dressing Recipe #282168
	From Cuisinart Cook Book. Good on pasta salad. I love anything with Worcestershire sauce in it. by Jamilah's Kitchen
	I found this on www.recipezaar.com. This is Not mine. I've not had a chance to try it yet, But I know I will Love this one! Let me know what you think of it.
	Level 1 pro/fat 4-6 servings time to make 10 min 10 min prep
	The Somersize adjustment: Original recipe called for light mayonnaise, changed to Full-fat mayo
	<ul> <li>2 teaspoons whole black peppercorns</li> <li>1 ounce Parmigiano-Reggiano cheese, cut into 1/2-inch cubes</li> <li>1 shallot, about 1 ounce peeled cut in 1/2-inch pieces</li> <li>1 garlic clove, peeled and smashed</li> <li>1/2 teaspoon sea salt</li> <li>1 tablespoon Dijon mustard</li> <li>1/4 teaspoon Worcestershire sauce</li> <li>2 tablespoons regular Full-fat mayonnaise</li> <li>1/4 cup wine vinegar</li> <li>1/2 cup extra virgin olive oil</li> </ul>
	1. Place the whole peppercorns in blender jar.
	2. Blend for 10 seconds. Some peppercorns will be pulverized, some will be cracked and crushed.
	3. Remove and reserve.
	4. Place the Parmesan cubes in blender jar.
	5. Blend for 20 seconds and scrape sides of jar.
	6. Add shallot,garlic and salt.
	7. Blend for 10 seconds and scrape sides again.
	8. Add remaining ingredients in order listed.
	9. Blend for 10 seconds.
	10. Add black peppercorns. Blend for 5 seconds.

11. Transfer dressing to a resealable container and refrigerate for 30 minutes or longer to allow flavors to develop.

12. Keeps for one week in refrigerator.

Somersizer since June 1997... Hang in there..I KNOW this really DOES work ! mamalaurie

Edited by - mamalaurie on 2/18/2008 12:55:38 AM

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#### Post New Topic for: Cracked Pepper Parmesan Dressing

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Author	Posting	
Eescapes	Posted - 10 February 2008 13:26 🤵 🍓	
	Red Pepper Pesto (omit pine nuts for level 1)	
	medium sized sweet red peppers 4 large cloves garlic, peeled and halved 34 cup freshly grated Parmesan cheese 14 cup pine nuts 14 tsp salt 1/8 tsp pepper 1/3 cup olive oil	

Cut sweet red peppers in half lengthwise; remove and discard seeds and membrane. Place peppers, skin side up, on an ungreased baking sheet; flatten with palm of hand. Broil 4 inches from heat 10 – 15 minutes or until charred. Place in ice water; peel and discard skins. Cut roasted peppers into 1 inch pieces. Process pepper pieces and garlic in a blender or food processor until finely chopped. Add Parmesan cheese, pine nuts, salt and pepper; process until almost smooth. Slowly pour oil through food chute with processor running; process just until mixture is smooth.

> Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).

#### Post New Topic for: Red Pepper Pesto

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Dressings	Click <u>here</u> to show the most recent reply first. <u>Forums   Pour It On (Condiments,</u> <u>Dressings and Dips)</u>   Thread: <b>Roasted</b> <u>Send Topic To a Friend</u> <u>Garlic Spread</u>		
Author	Posting		
Eescapes	Posted - 10 February 2008 13:24 🤵 🍓		
	Roasted Garlic Spread		
	<ol> <li>large head garlic, unpeeled</li> <li>tbsp olive oil</li> <li>(8oz) pkg cream cheese, softened</li> <li>cup butter, softened</li> <li>tsp salt</li> <li>tbsp minced fresh chives</li> </ol>		

Gently peel outer skin from garlic, leaving the head intact. Place garlic in a small baking pan; drizzle with olive oil. Cover with aluminum foil and bake at 350 degrees for 25 minutes. Remove cover, and bake an additional 8 to 10 minutes or until garlic is soft. Remove from oven, and let cool completely. Remove and discard papery skin from garlic. Scoop out soft garlic with a small spoon; set garlic aside. Beat cream cheese and butter at high speed until light and fluffy. Add reserved garlic and salt; beat until blended. Stir in chives. Store spread in the refrigerator.

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#### Post New Topic for: Roasted Garlic Spread

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Click here to show the most recent reply first.         Forums   Pour It On (Condiments,         Dressings and Dips)   Thread: Roasted         Send Topic To a Filt         Tomato Vinaigrette		
Author	Posting	
Eescapes	Posted - 10 February 2008 13:33 🦉 🍓	
	Roasted Tomato Vinaigrette	
	<ul> <li>5 plum tomatoes, cored and chopped</li> <li>2 shallots, chopped</li> <li>1/3 cup olive oil</li> <li>2 tsp salt</li> <li>1 tsp black pepper</li> <li>2 tsp chopped fresh chives</li> <li>½ cup champagne vinegar or white wine vinegar</li> </ul>	
	Toss tomatoes, shallots, and olive oil in a baking pan.	Arrange the tomatoes

Toss tomatoes, shallots, and olive oil in a baking pan. Arrange the tomatoes in 1 layer and roast 30 to 40 minutes at 400 degrees until the tomatoes are slightly brown and the skins begin to shrivel. Remove from the oven reserving the oil in the roasting pan, and cool slightly.

Place salt, pepper, chives, vinegar, tomatoes, shallots, and the oil from the roasting pan in a bowl and whisk until blended and all the oil is incorporated.

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#### Post New Topic for: Roasted Tomato Vinaigrette

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Author	Posting	
Eescapes	Posted - 10 February 2008 13:19 🤵 🍓	
	Red Pepper Hollandaise	
	1 large red pepper 3 egg yolks 2 Tbsp lemon juice ¹ / ₂ tsp salt pinch of white pepper pinch cayenne pepper ¹ / ₂ cup butter	
	Roast and peel the pepper by placing in on a roasting pan and broiling approximately 6 inches from the heat until blackened on all sides. Close the pepper tightly in a heavy paper bag. Let rest for 10 minutes. Remove it from the bag, drain and peel. Core and scrape out the seeds. With a paper towel, blot out all the liquid from the pepper. Place in a food processor or blender and puree. Remove and set aside. In the food processor/blender combine the	

and puree. Remove and set aside. In the food processor/blender combine the egg yolks, lemon juice, salt, pepper and cayenne. Blend for 10 seconds. Heat the butter in a small saucepan until sizzling hot but not browned. This is important to enable the sauce to thicken properly. Slowly pour the hot butter in a thin stream into the food processor/blender while the motor is running. Add the red pepper puree and taste for seasoning.

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#### Post New Topic for: Red Pepper Hollandaise

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<u>Dressings</u>	and Dips)   Thread: BLT Spread	
Author	Posting	
Eescapes	Posted - 10 February 2008 13:9 🦉 🍓	
	BLT Spread	
	<ul> <li>1 lb of bacon, cooked, crumbled</li> <li>1 cup mayonnaise</li> <li>1 cup sour cream</li> <li>1/2 tsp dried chives</li> <li>1/2 tsp dried parsley</li> <li>1/2 tsp dried dill weed</li> <li>1/4 tsp garlic powder</li> <li>1/4 tsp onion powder</li> <li>1/8 tsp sea salt (I used regular salt)</li> <li>1/8 tsp black pepper</li> <li>shredded cheddar to taste</li> <li>shredded lettuce to taste</li> <li>diced tomatoes, to taste</li> <li>sliced black olives, to taste</li> </ul>	

Mix half of the bacon with the mayonnaise, sour cream and spices. Top with the rest of the bacon, cheese, lettuce, tomatoes and olives.

This spread is great to stuff into a tomato and really good on DebB's parmesan buns.

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Post New Topic for: BLT Spread

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	Pour It On (Condiments, and Dips)   Thread: Tomato Spread	Send Topic To a Friend
Author	Po	sting
Eescapes	Posted - 10 February 2008 12:56 🙎	
	Tomato Cheddar Spread	
	<ol> <li>(10 oz) can diced tomatoes and gree</li> <li>cup mayonaise</li> <li>tsp worcestershire sauce</li> <li>tsp salt</li> <li>(8oz) blocks sharp cheddar cheese,</li> <li>(4oz) jar chopped pimientos, draine</li> </ol>	shredded (not pre shredded)
	Stir together the first 4 ingredients in pimientos.	a large bowl. Stir in cheese and
	Stuff into celery sticks or DebB's prof lettuce wedge!	at buns. I think it's really good on a
	Click <u>here</u> to show the mo	

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#### Post New Topic for: Tomato Cheddar Spread

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uthor	Posting	
amabj	Posted - 8 July 2007 11:7 🤵 🍓	
	Here is an easy Blue Cheese Dressing, SS'd.	
	Blue Cheese Dressing:	
	1 cup mayonnaise	
	1 cup crumbled blue cheese (about 4 ounces 1/2 cup buttercream *(see below)	3)
	1 shallot, peeled	
	1 tablespoon freshly grated lemon zest	
	<ul><li>1/2 teaspoon Worcestershire sauce</li><li>1/2 teaspoon kosher salt</li></ul>	
	1/4 teaspoon celery seeds	
	2 tablespoons minced fresh flat-leaf parsley Freshly ground black pepper	
	Pulse the mayonnaise, blue cheese, buttercre Worcestershire sauce, salt, and celery seeds chunky but pourable sauce. Stir in the parsle pepper. Use immediately or refrigerate in a t 3 days. Yield: 2 cups	in a food processor to make a ey and season with plenty of
	*To make buttercream instead of milk, use h lemon juice.	neavy whipping cream and add 1t
	Enjoy mamabj	
	Click <u>here</u> to show the most rece Click <u>here</u> to close thread (administrators &	
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#### Post New Topic for: Blue Cheese Dressing

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	aise
Author	Posting
namabj	Posted - 9 July 2007 6:10 👮 🦓
	With all the health benefits of coconut oil, especially to those of us w/hypothyroidism, here is a better mayonnaise. I get my coconut oil from http://*www.tropicaltraditions.*om/virgin_coconut_oil.htm (remove *)
	1 whole egg 2 egg yolks 1 tablespoon Dijon mustard 1 tablespoon fresh lemon juice 1/2 teaspoon Sea Salt 1/4 teaspoon white pepper 1/2 cup Virgin Coconut Oil (melted if solid) 1/2 cup extra virgin olive oil
	<ol> <li>Put the eggs, Dijon mustard, lemon juice, salt, and pepper into a food processor or blender: Then with the processor or blender running on low speed, start adding your oils very slowly. Start out with drops and then work up to about a 1/16-inch stream. It should take about two minutes to add the oil.</li> <li>Continue blending until there is no free standing oil.</li> </ol>
	Makes about 1 1/2 cups
	I highly recommend Kevin Trudeau's "Natural Cures" book and his second book of the same title. We need this information.
	Enjoy
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).
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#### Post New Topic for: Coconut Mayonnaise

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I	Click <u>here</u> to show the most recent reply first. <u>Forums   Pour It On (Condiments,</u> <u>Dressings and Dips)</u>   Thread: <b>Blue</b> <u>Send Topic To a Friend</u> <b>Cheese Dressing ???</b>				
	Author	Posting			
	musicalchers	Posted - 29 January 2008 18:23 🖉 🍓			
		I here Suzanne talking about her Blue Cheese Dressing recipe. I can't find it though. Does anyone have a good level 1 recipe?			
		Started SS January 18, 2008 159/152/135			
		Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).			
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#### Post New Topic for: Blue Cheese Dressing ???

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Author	Posting
Cathy	Posted - 8 June 2005 11:30 🦉 🍓
	By request, I'm posting this recipe. It makes a great toast, english muffin or bagel topper for a carb breakfast.
	<ul> <li>2 t. ground cumin</li> <li>1 (15 ounce) can garbanzo beans, drained, liquid reserved</li> <li>2 T. fresh lemon juice</li> <li>1 clove garlic, peeled (I use more)</li> <li>3/4 t. salt</li> <li>Pepper to taste</li> </ul>
	<ul> <li>Stir cumin in a small dry skillet over medium-low heat until fragrant, about 30 seconds.</li> <li>Combine beans, 4 T. reserved bean liquid, lemon juice, garlic, cumin, salt and pepper in processor.</li> <li>Puree until smooth, adding more bean liquid by tablespoonfuls for desired consistency, You basically want a paste-type consistency.</li> <li>Add addt'l salt and pepper if necessary (I don't usually need more).</li> </ul>
	Enjoy!
	Cathy Somersizer since 1994. Now Maintaining. 121-126
	**One of my higher goals in life is to be the kind of person my dog thinks I am.
	Edited by - Cathy on 6/12/2005 12:48:04 PM
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).
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#### Post New Topic for: Garbanzo Bean-Cumin Hummus

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Dressing	Click <u>here</u> to show the most recent reply first.   <u>Pour It On (Condiments,</u> <u>gs and Dips)</u>   Thread: <b>Easy</b> <u>Send Topic To a Friend</u> <b>us-Like Dip</b>
Author	-
Laela	Posted - 10 January 2005 18:38 🦉 🍓
	This is a hummus-like dip from Rachael Ray on foodnetwork.com. It's great! If you take out the olive oil, you can have it with legal pita chips or crackers, but I think the olive oil is vital. I eat it with grape tomatoes & celery.
	THIS RECIPE IS LEVEL TWO WITH THE OLIVE OIL. IT IS LEVEL ONE CARBS WITHOUT THE OIL.
	<ul> <li>2 (15-ounce) cans chick peas (garbanzo beans) drained</li> <li>1 small jar, 6 ounces, roasted red peppers, drained well and coarsely chopped</li> <li>1/2 lemon, juiced</li> <li>2 cloves garlic, cracked away from peel</li> <li>4 stems fresh rosemary, leaves stripped from stems</li> <li>Coarse salt and freshly ground black pepper</li> <li>2 tablespoons extra-virgin olive oil, eyeball it as you drizzle it into recipe</li> </ul>
	Combine chick peas, roasted red pepper, lemon juice, garlic, rosemary, salt and pepper in a food processor. Turn the processor on and stream in 2 tablespoons extra-virgin olive oil.
	**I'm not a big fan of rr peppers, but it's not overpowering in this dip and gives it a really pretty orange color.
	Edited by - ForumModerator on 5/3/2005 6:22:32 PM
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).
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#### Post New Topic for: Easy Hummus-Like Dip

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Dressings	Click here to show the most recent reply first.         Pour It On (Condiments, and Dips)   Thread: delicious       Send Topic To a Friend         r ceasar dressing!       Send Topic To a Friend
Author	Posting
kutegirlly	Posted - 24 January 2008 20:47 🦉 🍓
	i used to make this all the time and i was so happy that i was able to ss it so easily!
	in blender, mix
	<ul> <li>1 c. oil</li> <li>2 eggs</li> <li>1/4 c. vinegar</li> <li>2 spritzes mustard</li> <li>2 spritzes soy sauce</li> <li>1 tbs splenda (or equivelant sweetener of your choice)</li> <li>1 tsp garlic powder</li> <li>1/2 tsp salt and pepper, each</li> </ul>
	i usually have this on a bed of romaine with grilled chicken and veggies (usually hearts of palm and tomato, but you can do whatever you want.
	there are raw eggs in this so remember to refrigerate it! it usually lasts up to a week.
	enjoy!
	Click here to show the most recent reply first. Click here to close thread (administrators & moderators only).

#### Post New Topic for: delicious nondairy ceasar dressing!

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	Click <u>here</u> to show the most recent reply first. <u>Pour It On (Condiments,</u> <u>and Dips)</u>   Thread: <b>Peanut</b> <u>Send Topic To a Friend</u>
Author	Posting
IWedRich	Posted - 14 September 2006 10:15 🖉 🍓
	I don't see a recipe - so this weekend (hopefully I'll have my order of DaVinci SF PB Syrup by then!) I will play to see if I can come up with a SS PB Spread of some sort. I'm thinking mixed w/ cream cheese, or maybe ricotta (milder than cr.cheese) XX your FINGERS!! :0)

Lovin' Jesus and Lovin' Life!

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#### Post New Topic for: Peanut Butter??

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	Click <u>here</u> to show the most recent reply first.   <u>Pour It On (Condiments.</u> <u>is and Dips)</u>   Thread: <b>Bearnaise</b> <u>Send Topic To a Frienc</u>
Author	Posting
oiseaux	Posted - 23 January 2008 9:2 👳 🍓
	I found this sauce recipe in a old recipe book I have it say it's good with steak, green veggies, poached eggs and fish. I have not try it yet but will sometime this week.
	Ingredients
	<ul> <li>4 egg yolks</li> <li>2 teaspoon white vinegar</li> <li>1 teaspoon tarragon</li> <li>1 teaspoon dried onion flakes</li> <li>1/2 teaspoon chervil white pepper</li> <li>1/2 cup of butter</li> <li>1 teaspoon fresh parsley.</li> </ul>
	Method: - Put the eggs yolks, vinegar, onions and spices in a mixer.
	- Turn the mixer on to high speed and add the butter gradually through the opening in the cover; mix until the sauce thickens.
	-Add the parsley. Serve hot.
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).
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#### Post New Topic for: Bearnaise sauce

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Dressing	Click <u>here</u> to show the most recent reply first.          Pour It On (Condiments,         s and Dips)         Thread: question         Send Topic To a Friend         hchilada sauce
Author	Posting
myboys	Posted - 23 January 2008 11:33 🤵 🍓
	hi, i have a question, i have a recipe from these boards for a chicken burrito and it says to use a grenn enchilada sauce. i looked all over my supermarket and could not find anything withthis name - only salsa verde. is this the same or is

there something you could use instead like salsa? thanks!!

Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).

#### Post New Topic for: question about enchilada sauce

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	Click <u>here</u> to show the r t On (Condiments, Dips)   Thread: hollandaise	nost recent reply fi	rst. <u>Send Topic To a Friend</u>
Author		Posting	
mizztucker	Posted - 16 October 2003 11:2	0	
	Does anyone have a SS holl	andaise sauce recip	e?
	many thanks		
	Click <u>here</u> to show the r Click <u>here</u> to close thread (admi	1.5	
	Show All For	ums   <u>Back</u>	

 $http://legacy.suzannesomers.com/...landaise+sauce \& forum_id=110 \& forum_title=Pour+It+On+\% 28 Condiments\% 2C+Dressings+and+Dips\% 29 [9/8/14, 10:11:12 AM]$ 

#### Post New Topic for: hollandaise sauce

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Author	Posting
bunnicula	Posted - 20 January 2008 14:28 🦉 🍓
	Hi all I am debating ordering some s/f syrupsand if I am going to pay so much for them (plus S&H), I thought I would ask for some suggestions first.
	I was thinking ordering these: peanut butter (I like it on baked chicken wings); orange (I use it in chicken dishes); brown sugar cinnamon (this on I had never heard of but sounds so good); gingerbread; and irish cream (fewhipped cream desserts).
	Has anyone tried these, or other flavors? Any suggestions? I am sort of interested in the lemon and the lime, but not sure if I would use them maybe in chicken dishes? And I thought about some peach for ice cream but am not sure if it works well does it make the ice ceam runny?
	Any favorite recipes/uses for these syrups?
	hanks :)
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).
	Show All Forums   Back

 $http://legacy.suzannesomers.com/...r+Free+Syrups&forum_id=110&forum_title=Pour+It+On+\%28Condiments\%2C+Dressings+and+Dips\%29[9/8/14, 10:11:16~AM]$ 

#### Post New Topic for: Sugar Free Syrups

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Click here to show the most recent reply first. Forums | Pour It On (Condiments, Dressings and Dips) | Thread: SECRET Send Topic To a Friend SAUCE...YUM! Author Posting ChubChub Posted - 30 May 2005 19:52 9 Below is an awesome recipe for Secret Sauce...it's loaded w/ flavor...I absolutely love it on my cheeseburgers, and it tastes even better the next day...I used karma's great 1000 Island recipe as a starting point, then added some of the ingredients listed in Suzanne's purchased sauce...I experimented w/ amounts, and came up w/ this: SECRET SAUCE 3/4 c. mayonnaise 1 Tbsp. tomato paste 2 Tbsp. dill relish 1 tsp. worcestershire 1 tsp. vinegar 1 packet Splenda 1 tsp. minced onion 1/2 tsp. salt 1/2 tsp. mustard (French's classic yellow) 1/2 tsp. celery seed 1/2 tsp. garlic powder 1/4 tsp. black pepper 1/4 tsp. lemon juice (I squeezed a lemon for this) Mix mayo & tomato paste together first, then add in all the rest.

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### Post New Topic for: SECRET SAUCE ... YUM!

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Forums	Click <u>here</u> to show the mo Pour It On (Condiments,	st recent reply first.
<u>Dressing</u>	<u>s and Dips</u>   Thread: <b>BBQ Sauce</b>	Send Topic To a Friend
Author	Ро	sting
Topped at 300	Posted - 27 June 2006 17:19 👮 🚳	
	I was looking at www.splenda.ca and a sauce, and as far as I can tell it is leg me know. I wanted to share it with yo	al level 1. If that is not right please let
	BBQ Sauce	
	<ul> <li>Makes 4 Cups (32 oz) (or 42-3/4 oz</li> <li>Preparation Time: 45 minutes</li> <li>One serving is ³/₄ oz</li> <li>Best if refrigerated overnight before</li> </ul>	
	<ul> <li>1 Tbsp. Canola or Extra Virgin Olive</li> <li>1 cup Onion, minced</li> <li>2 Garlic Cloves, minced</li> <li>2 Beef Bouillon Cubes</li> <li>1/2 cup Hot Water</li> <li>3 (6oz.) cans Tomato Paste, divided</li> <li>1 cup SPLENDA* Granular</li> <li>3/4 cup Worcestershire Sauce</li> <li>3/4 cup Dijon Mustard</li> <li>3 Tbsp. Liquid Smoke, hickory flavou</li> <li>1 tsp. Salt</li> <li>1/2 cup Cider Vinegar</li> <li>1 Tbsp. Tabasco (+ 1 tsp. for spicier</li> </ul>	ıred
		.). tially dissolved. Add bouillon mixture nucepan. Stir well using a wire whisk. allow flavours to meld. Stir frequently. container. Sauce is best if prepared a
	<ul> <li>Calories: 15</li> <li>Calories from fat: 0</li> <li>Total Fat</li> <li>Saturated Fat: 0</li> <li>Dietary Fiber: 0 g</li> </ul>	

- Cholesterol: 0 mg Sodium: 135 mg
- Total Carbohydrate: 3 g
- Dietary Fiber: 0 g

- Sugars: 0 g
- Protein: 0 g

Exchanges Per Serving Free This recipe, when compared to a traditional BBQ sauce, represents a 65% reduction in calories, a 90% reduction in fat, a 70% reduction in total carbohydrates and a 100% reduction in sugars!!

Sharon

Goal Weight: 150 lbs Through God all things are possible!

> Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).

## Post New Topic for: BBQ Sauce

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	Click <u>here</u> to show the most recent reply fire Pour It On (Condiments, s and Dips)   Thread: <b>Teriyaki</b>	st. <u>Send Topic To a Friend</u>
Author	Posting	
starlite	Posted - 27 July 2005 6:18 🖉 🍓	
	INGREDIENTS:	
	1 cup soy sauce 3/4 C sake 1/4c splenda 2tbsp splenda	
	PREPARATION:	
	Pour all ingredients in a pan. Stir the mixture well. Put the and simmer for a couple of minutes. Remove from the her mixture. Store the sauce in a clean bottle in the fridge. Adjust the amount of sugar, depending on your preference.	neat and cool the
	If you want your life to BE different you can't just WISH	I you have to DO!
	Can you believe it?! I lost 105 lbs and kept it off! All m personal opinions.	y posts are just my
	Starlite: Started 2/14/2000	
	Click <u>here</u> to show the most recent reply fire Click <u>here</u> to close thread (administrators & moderators of	
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### Post New Topic for: Teriyaki sauce

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	Click <u>here</u> to show the most recent rep ur It On (Condiments, ad Dips)   Thread: <b>Teriyaki</b>	oly first. <u>Send Topic To a Friend</u>
Author	Posting	
SSchick36	Posted - 16 October 2003 17:33 👮 🔩	
Does anyone have a legal teriyaki marinade recipe? Thanks!		

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### Post New Topic for: Teriyaki Marinade

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	Click <u>here</u> to show the most recent It On (Condiments, Dips)   Thread: <b>recipe</b> riyaki sauce	reply first. Send Topic To a Friend
Author	Posting	
im2busy2relax	Posted - 7 March 2004 14:46 🤵 🍓	
	Hi all! I am new to SSing and was wond	<b>e</b>

Hi all! I am new to SSing and was wondering if anyone could let me know of a good recipe for teriyaki sauce? I absolutely love teriyaki chicken and would be so happy if I could still eat it! :>)

Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).

### Post New Topic for: recipe request for teriyaki sauce

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Dressings	Click <u>here</u> to show the most recent reply first. Pour It On (Condiments, and Dips)   Thread: Another Send Topic To a Friend Sauce Recipe
Author	Posting
marie172	Posted - 15 March 2007 2:38 👳 🍓
	Froz, I am really sorry! I guess I posted this under someone else's thread. Now it has a home of its own. :)
	Here is a homemade teriyaki sauce recipe I find very easy and very delicious:
	Teriyaki Sauce
	<ul> <li>1/3c soy sauce</li> <li>1/4c honey or brown sugar (use substitute!)</li> <li>1 tsp ginger, minced (real ginger, not powder)</li> <li>1 tsp grated onion</li> <li>1 clove garlic, minced</li> </ul>
	Combine all ingredients. Cook two minutes. Set aside for use. Usually needs to be doubled if using for a barbecue marinade.
	***I marinate the meat, then use the excess to brush on while grilling.
	(Some have used sf honey, which is maltitol, some have even tried Joseph's syrup, which is also maltitol. I think the WL gold would be nice too, although I haven't tried it that way yet.)
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).
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## Post New Topic for: Another Teriyaki Sauce Recipe

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Dressing	Click <u>here</u> to show the   <u>Pour It On (Condiments,</u> <u>is and Dips)</u>   Thread: <b>Salad</b> g question	e most recent reply first. <u>Send Topic To a Friend</u>
Author		Posting
Inexile	Posted - 14 August 2007 5:17 🖉 🚳	
	I am looking for a recipe for a sala juice, and garlic. Anybody have or	ad dressing that is made with tomato or V8 ne that you like?

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### Post New Topic for: Salad dressing question

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Click <u>here</u> to show the most recent reply first. <u>Forums   Pour It On (Condiments.</u> <u>Dressings and Dips)</u>   Thread: <b>Vinagrette</b> <u>Dressing</u>			
Author	Posting		
mrsjackspratt	Posted - 12 October 2003 18:14 🖉 🍓		
Clic	Ingredients: 1/2 t dry mustard 1/8 tsp somersweet 1/4 t curry powder 1/2 t paprika 2 t olive oil 2 t balsamic vinegar mix and serve k here to show the most recent reply	first	
	here to close thread (administrators & moderators		

### Post New Topic for: Vinagrette Dressing

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	)   Thread: <b>Metta's</b> old family recipe)	Send Topic To a Friend
Author		Posting
SinginSOMERSong	Posted - 27 September 2006 23:11	<b>\$</b>
		ally started this recipe with our family, my grandmother, Mary's. So giving dues
	1 egg	
	1 cup veg oil juice of 1 lemon microwave	20 secs before squeezing)
	1 button garlic (minced)	
	2 tsp prepared mustard (me 1/4 tsp horseradish (or to t	
	1/2 tsp worchestershire sau	
	1/2 tsp freshly ground black	k pepper
	1/2 tsp paprika 1 packet Splenda	
	1 dash red pepper sauce	
	OR 1/8 tsp ground red pepp 1/2 tsp salt ( or to taste)	ber
	mixer beats egg on med sp	adding a steady stream of oil in as the beed. Add remaining ingreds with mixer low color when completed. Chill.
		salads, fish,well, you'll see what I
	mean!:0) I can't stay out of it!and ~~~Singin'	d with SSIng I don't have too!
	Edited by - SinginSOMERSo	ng on 11/2/2007 8:53:56 PM
	Click <u>here</u> to show the mc Click <u>here</u> to close thread (adminis	
	Show All Forun	ns   <u>Back</u>

## Post New Topic for: Metta's Salad Dressing (old family recipe)

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Forums       Pour It On (Condiments,         Dressings and Dips)         Thread: cheese         sauce       Send Topic To a				
Author	Posting			
GuineapigGirl				
I did a search for this and came up empty. Is there a legal cheese sauce we can make to pour over steamed veggies? The one I normally use has flour in it and milk I know I could use cream but what to help thicken it up? more cheese? whoooo what a way to go!!! 180/172/140 Click here to show the most recent reply first. Click here to close thread (administrators & moderators only). Show All Forums   Back				

#### Post New Topic for: cheese sauce

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	Click <u>here</u> to show the most recent reply first.  Pour It On (Condiments, and Dips)   Thread: classic Send Topic To a Friend essing		
Author	Posting		
snookies Posted - 9 July 2007 6:41 🦉 🍓			
	I've been making Suzanne's Pork Medallions ever since I got her EGLW book years ago & my family fell in love w/the salad dressing used in that recipe. Guests rave about it also ~ it's so simple. I've noticed it's the basis for most of the vinaigrettes on the food channel. Anyway, tho't I'd share it.		
	Basic vinaigrette: juice of 2 lemons 1/2 cup olive oil 1 tsp salt		
	I whip that up in my mini-processor w/several cloves of garlic. Just toss it w/romaine and feta. Want to Caesar it up, just add some anchovy paste and W. sauce.		
	Click here to show the most recent reply first. Click here to close thread (administrators & moderators only).		
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### Post New Topic for: classic salad dressing

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Click <u>here</u> to show the most recent reply first. Forums   Pour It On (Condiments,			
Dressings and Dips)  Thread: Monique'sSend Topic To a FriTzaziki			
Author	Posting		
monique1964	Posted - 5 July 2007 12:23 👮 🍓		
	you dip in it some veggies (tomatoes, cucumber etc.) Or can be use as a dip for Greek Chicken Breast on BBQ or if you are doing some fajitas (instead of just sour cream)delicious!		
	Tzaziki: 1 container of sour cream 2 Tbs of vegetable oil 1 Tbs of white vinegar ½ tsp of salt 2 garlic cloves (minced) 1 Tbs of real lemon juice ½ tsp of dried mint		
	I add 1 cup of minced cucumber for the dip but not as a sauce with meat.		
	Click here to show the most recent reply first. Click here to close thread (administrators & moderators only).		

### Post New Topic for: Monique's Tzaziki

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Click here to show the most recent reply first.

Forums   Pour It On (Cond Dressings and Dips)   Thre Greek Salad Dressing		Send Topic To a Friend
Author	Posting	
monique1964	Posted - 5 July 2007 12:15 🤵 🍓	
	Flavorful!!!	
	1/4 cup of real lemon juice	
	1/8 cup of white vinegar	
	1/8 cup of red wine vinegar	
	1/3 cup of olive oil	
	2 garlic cloves minced	
	1 teaspoon of oregano	
	salt and pepper to taste	
	Bon Appetit!	
	Frenchy	
	nere to show the most recent reply fine to close thread (administrators & moderators of	
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## Post New Topic for: Monique's Greek Salad Dressing

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	<u>is and Dips)</u>   Thread: <b>Basic</b> a <b>Sauce</b>	2	Send Topic To a Frier
Author		Posting	
MsTified	Posted - 2 April 2004 19:1	ð.	
	BASIC MARINARA SAUCE	Makes: 14 cups	
	<ul> <li>3-5 large onions, cut up</li> <li>1 green pepper, seeded &amp; cut up</li> <li>2 T. oil</li> <li>4 15-oz. cans tomato sauce</li> <li>3 6-oz. cans tomato paste</li> <li>2-1/2 cups water</li> <li>1/4 t. rosemary</li> <li>1/4 t. oregano</li> <li>1 bay leaf</li> <li>½ t. dry thyme</li> <li>½ t. marjoram</li> <li>3 whole cloves</li> <li>2 t. sugar substitute</li> <li>½ t. salt</li> <li>½ t. pepper</li> </ul>		
	<ul> <li>½ cup burgundy wine</li> <li>1. In chop-o-matic, chop onions medium fine. In large Dutch oven heat oil over medium high heat. Add onions and saute 1 to 2 minutes.</li> <li>2. In chop-o-matic, chop green pepper medium fine. Add to onions and continue cooking until onions are soft. Stir in tomato sauce, tomato paste, water, rosemary, oregano, bay leaf, thyme, marjoram, cloves and sugar. Simmer, covered for 1-1/2 to 2 hours. Stir in salt and pepper. Pour in burgundy and simmer 5 to 10 minutes.</li> <li>3. Take out what you need to make your pasta dish for tonight. Let the remaining sauce cool then freeze the remaining sauce in 2-cup containers. NOTE: This can be cooked in a slow-cooker for about 4 hours instead of on the stove, if preferred</li> </ul>		
	~ DEDICATION ~ DETERM MsTified217@hotmail.com		E ~
		show the most recent re thread (administrators & mode	
	Sh	<u>ow All Forums   Back</u>	

#### Post New Topic for: Basic Marinara Sauce

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Click here to show the most recent reply first.         Forums   Pour It On (Condiments,         Dressings and Dips)   Thread: marinara         Sauce						
Αι	uthor	Posting				
realto	ornancy	Posted - 2 July 2007 5:20 👷 🍓				
does anyone have a good legal level 1 recipe for marinara sauce Or is there a store bought legela level 1 ?						
		Click here to show the most recent reply first. Click here to close thread (administrators & moderators only).				
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#### Post New Topic for: marinara sauce

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<u>search</u>

	Click <u>here</u> to show the r our It On (Condiments, and Dips)   Thread: <b>KFC</b> Dressing	nost recent reply fir	rst. <u>Send Topic To a Friend</u>
Author		Posting	
grandmad	Posted - 30 June 2007 11:32 🖉 🚳		
	I'm away from my recipes. does anyone have the recipe for the KFC Coleslaw/dressing?		
	Click here to show the most recent reply first. Click here to close thread (administrators & moderators only).		

### Post New Topic for: KFC coleslaw Dressing

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Click <u>here</u> to show the most recent reply first. <u>Forums   Pour It On (Condiments,</u> <u>Dressings and Dips)</u>   Thread: <b>Ranch</b> <u>Send Topic To a Friend</u> <b>Dressing</b>					
Author	Pos	sting			
Sara2003	Posted - 21 September 2003 10:18 🤵 🚳				
	Thanks Click <u>here</u> to show the most re Click <u>here</u> to close thread (administrators	1.5			
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#### Post New Topic for: Ranch Dressing

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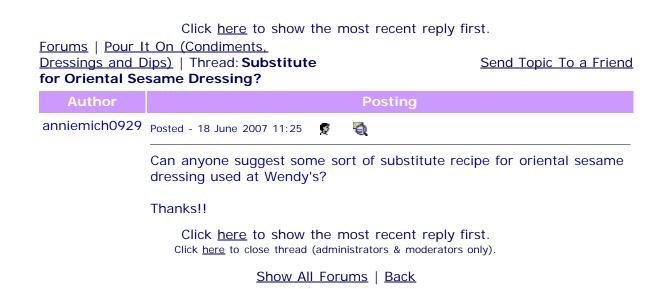
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### Post New Topic for: Substitute for Oriental Sesame Dressing?

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Dressings	Click <u>here</u> to sho <u>Pour It On (Condiments,</u> <u>and Dips)</u>   Thread: <b>Anyone</b> od marinades to share plea	è	most recent reply fi	rst. Send Topic To a Friend
Author			Posting	
Zamode	Posted - 4 June 2007 19:40	0		
	Whew, I am missing them s could be but olive oil with sp		0	Not sure what else there

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### Post New Topic for: Anyone have good marinades to share please?

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	Click <u>here</u> to show the most recent reply first.   <u>Pour It On (Condiments,</u> <u>s and Dips)</u>   Thread: <b>chipolte</b> <u>Send Topic To a Friend</u> aise
Author	Posting
atcchick	Posted - 1 January 2007 9:6 👮 🍓
	I found this several years ago, a recipe that was included with my bottle of Tabasco brand Chipolte Sauce. They actually call it a basting sauce, though I have never used it that way.
	Creamy Chipolte Basting Sauce
	1/2 c. mayonnaise 3 tbsp. Tabasco brand Chipolte Sauce 1 lg. garlic clove, minced
	Combine mayonnaise, Tabasco brand Chipolte Sauce and garlic in a small bowl and mix well. Brush on chicken, burgers or sausage while grilling. Makes about 3/4 c. This makes an equally good dipping sauce (which is what I have used it for).
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).

### Post New Topic for: chipolte mayonnaise

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Dressin	Click <u>here</u> to show th   <u>Pour It On (Condiments,</u> gs and Dips)   Thread: <b>Lawry's</b> pice & Seasoning	ne most recent reply fir	rst. <u>Send Topic To a Friend</u>
Author		Posting	
DebB	Posted - 20 September 2003 16:8 🤵	Q	
	Here's the Taco Seasoning I maland/or starches and are funky). - I've put my quantities in parent sealed glass jar and typically use This is really good!	I make a big batch (I r thesis) of this each tim	multiply this recipe by 8 are and keep it in a
	Lawry's Taco Spice & Seasoning		
	This will make the equivalent of	a 1oz. package.	
	1 tsp chili powder (8 tsp)		
	1 tsp paprika (8 tsp)		
	3/4 tsp salt (4 1/2 tsp)		
	3/4 tsp dried minced onion (4 1/	′2 tsp)	
	1/2 tsp cumin (3 tsp)		
	1/4 tsp cayenne pepper (1 1/2 t	sp)	
	1/4 tsp garlic powder (1 1/2 tsp)	)	
	1/8 tsp ground oregano (3/4 tsp	)	
	Combine all ingredients in a sma	II bowl.	
	If you want to use this for taco	meat:	
	In large skillet, brown 1 pound g spices & 2/3 cup water; mix tho and cook uncovered, 7 to 10 min liquid has cooked off.	roughly. Bring to a boil	; reduce heat to low
	Started Somersizing 3-01 270/175/165 sdbruce@amerion.com		
		ne most recent reply fir administrators & moderators c	
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### Post New Topic for: Lawry's Taco Spice & Seasoning

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Dressing	Click <u>here</u> to show the most re   <u>Pour It On (Condiments,</u> gs and Dips)   Thread: <b>Anyone</b> ranch dressing recipe?	ecent reply first. Send Topic To a Friend
Author	Postin	g
NanMC	Posted - 2 March 2007 9:56 🖉 🚳	
	I'm trying to find a good recipe for ranch know of a good legal mix?	dressing. Does anyone have one or

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### Post New Topic for: Anyone have a ranch dressing recipe?

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Author	Posting	
Fwiggy88	B Posted - 26 February 2005 12:13 🖉 🍓	
	Hemp Seed Oil Vinaigrette	
	2 Tbsp hemp seed oil 2 Tbsp vinegar 1 tsp crushed garlic 1 tsp oregano	
	Blend all ingredients and pour over salad or whatever.	
	Oh my, this oil is so gooood. It tastes like sesame seeds. If yo try this oil. The one I used is called "Manitoba Harvest Hemp Seed Oil". Se store locator (USA & Canada)	
	http://www.manitobaharvest.com/index.asp	
	Hemp seed oil is one of the world's richest sources of polyunsa including both of the essential fatty acids (Omega 3 and Omeg (gamma Linolenic acid).	
	It's a salad oil (not to be heated above 350F)	
	Edited by - twiggy88 on 2/26/2005 12:15:13 PM	
	Edited by - twiggy88 on 2/27/2005 5:40:23 PM	
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).	
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### Post New Topic for: *** Hemp Seed Oil Vinaigrette

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Dressings	Click <u>here</u> to show the most recent reply first. <u>Pour It On (Condiments,</u> <u>s and Dips)</u>   Thread: <b>spicy recipe wanted</b>		
Author	Posting		
000kristi	Posted - 26 March 2007 8:0 👮 🖏		
	i have tried the Cardini Ceasar that is "spiced up" - i love it but don't know if it is legal. does anyone have a great recipe for a "southwestern ranch" or a "baha ranch/ceasar" dressing?		
Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).			
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### Post New Topic for: spicy dressing recipe wanted

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AuthorPosted - 14 March 2007 14:15Posted - 14 March 2007 14:15Posted - 14 March 2007 14:15I saw this dip made on Food Network on "Go1 8oz. package cream cheese1 oz. crumbled feta cheese1 4 c. shredded parmesan cheese1 whole red bell pepper, chopped in large pie1 zucchini, diced in large pieces1/2 onion chopped in large pieces, or 4 green3-4 cloves garlic peeled and left whole1 Tbs. balsamic vinegar1 Tbs. olive oilsalt and pepper1 tsp. Italian seasoning1 tsp. dried basilToss together the chopped veggies with the cthe oil and vinegar. Pour mixture on to a coofor 20-30 minutes on 400 until veg. starts toPlace three cheese into a food processor andprocess until smooth.Spoon into a container and refrigerate until usEat with celery sticks, or cauliflower. You cousamdwiches. It's really tasty.	
I saw this dip made on Food Network on "Go 1 8oz. package cream cheese 1 oz. crumbled feta cheese 1/4 c. shredded parmesan cheese 1 whole red bell pepper, chopped in large pie 1 zucchini, diced in large pieces 1/2 onion chopped in large pieces, or 4 green 3-4 cloves garlic peeled and left whole 1 Tbs. balsamic vinegar 1 Tbs. olive oil salt and pepper 1 tsp. Italian seasoning 1 tsp. dried basil Toss together the chopped veggies with the of the oil and vinegar. Pour mixture on to a coof for 20-30 minutes on 400 until veg. starts to Place three cheese into a food processor and process until smooth. Spoon into a container and refrigerate until us Eat with celery sticks, or cauliflower. You cou	
<ul> <li>1 8oz. package cream cheese</li> <li>1 oz. crumbled feta cheese</li> <li>1/4 c. shredded parmesan cheese</li> <li>1 whole red bell pepper, chopped in large pie</li> <li>1 zucchini, diced in large pieces</li> <li>1/2 onion chopped in large pieces, or 4 green</li> <li>3-4 cloves garlic peeled and left whole</li> <li>1 Tbs. balsamic vinegar</li> <li>1 Tbs. olive oil</li> <li>salt and pepper</li> <li>1 tsp. Italian seasoning</li> <li>1 tsp. dried basil</li> <li>Toss together the chopped veggies with the or</li> <li>the oil and vinegar. Pour mixture on to a coor</li> <li>for 20-30 minutes on 400 until veg. starts to</li> <li>Place three cheese into a food processor and process until smooth.</li> <li>Spoon into a container and refrigerate until us</li> <li>Eat with celery sticks, or cauliflower. You course</li> </ul>	
<ul> <li>1 oz. crumbled feta cheese</li> <li>1/4 c. shredded parmesan cheese</li> <li>1 whole red bell pepper, chopped in large pie</li> <li>1 zucchini, diced in large pieces</li> <li>1/2 onion chopped in large pieces, or 4 green</li> <li>3-4 cloves garlic peeled and left whole</li> <li>1 Tbs. balsamic vinegar</li> <li>1 Tbs. olive oil</li> <li>salt and pepper</li> <li>1 tsp. Italian seasoning</li> <li>1 tsp. dried basil</li> <li>Toss together the chopped veggies with the c</li> <li>the oil and vinegar. Pour mixture on to a coo</li> <li>for 20-30 minutes on 400 until veg. starts to</li> <li>Place three cheese into a food processor and process until smooth.</li> <li>Spoon into a container and refrigerate until us</li> <li>Eat with celery sticks, or cauliflower. You cou</li> </ul>	od Eats". I tweaked it a bit.
<ul> <li>the oil and vinegar. Pour mixture on to a coo for 20-30 minutes on 400 until veg. starts to</li> <li>Place three cheese into a food processor and process until smooth.</li> <li>Spoon into a container and refrigerate until us</li> <li>Eat with celery sticks, or cauliflower. You cou</li> </ul>	
process until smooth. Spoon into a container and refrigerate until us Eat with celery sticks, or cauliflower. You cou	kie sheet and roast in the oven
Eat with celery sticks, or cauliflower. You cou	add hot roasted veggies and
	e.
	d use this a a spread for level
Taking it one meal at a time, and loving ever John 15:5	/ bite!
Click <u>here</u> to show the most recerc Click <u>here</u> to close thread (administrators & r	
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 $http://legacy.suzannesomers.com/...dip\% 2Fspread\& forum_id=110\& forum_itle=Pour+It+On+\% 28 Condiments\% 2C+Dressings+and+Dips\% 29 [9/8/14, 10:12:54 AM]$ 

### Post New Topic for: Roasted veg. dip/spread

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Author	Dressing Posting
DebB	Posted - 29 February 2004 13:8 🖉 🍓
	Here it is Pam: *Ü*
	RANCH SALAD DRESSING
	6 ingredients. 3 minutes to make. So, how can a salad dressing so easy to prepare be so delicious? Well, it just is. Thick, creamy, and full of that zesty Ranch flavour we all love, you will never go back to bottled dressing again. This dressing is very versatile. Use it as a salad dressing, vegetable dip, or even a sauce on your favourite cut of meat. After a taste of this, I was suddenly filled with an overriding urge to go round up some cows. Now that's RANCH!
	Serving Size: 3 cups of salad dressing Preparation Time: 3 minutes Ingredients: 1 1/2 cups mayonnaise (I use Hellmann's Best Food's Mayonnaise) 1/2 cup sour cream 1/4 cup heavy cream (33-35% milk fat) 2 tablespoons lemon juice 1/2 teaspoon garlic powder 1/2 teaspoon dried dill weed Directions: Place all ingredients in a blender, mix on high speed for 2 minutes until thouroughly mixed and creamy. It may not seem thick enough, however the salad dressing will properly thicken after it is allowed to chill. Store in an airtight container (such as an old salad dressing bottle) in the refrigerator for up to two weeks. Serve and enjoy! Feel free to post any comments or feedback to this recipe on the feedback thread. Or, don't hesitate to email me at pneumanca@yahoo.ca if you have any questions or comments. Peter Neuman
	Started Somersizing 3-01 270/175/175 sdbruce@amerion.com
	Click here to show the most recent reply first. Click here to close thread (administrators & moderators only).

### Post New Topic for: Peter's Ranch Dressing

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Dressings	Click <u>here</u> to show the most recent reply first. <u>Pour It On (Condiments,</u> <u>and Dips)</u>   Thread: <b>Somersize</b> <u>Send Topic To a Friend</u> ressing Please!!!
Author	Posting
pattimelt	Posted - 25 March 2005 6:18 👷 🍓
	Just have a craving for Ranch Dressing and, of course, I want to make sure it is legal.
	Does anyone know if the Somersize Ranch Dressing mix is sold on this site separately from the Bake 'n Fry package deal? I looked through the products forum and didn't see itam I missing something?
	Does any one have a yummy Ranch Dressing recipe secret they would like to share?
	Thanks, in advance! : o) Patti
	pattimeltwhat I'm hoping to do!
	Click here to show the most recent reply first. Click here to close thread (administrators & moderators only).

### Post New Topic for: Somersize Ranch Dressing Please!!!

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Author	Pos	sting		
beebee1	Posted - 25 August 2005 7:18 🖉 🚳			
	Cucumber Ranch Dressing			
	1 c sour cream 1/2 c mayonnaise white pepper onion powder dill weed pinch of dried parsley dill weed cucumber, seeded & finely minced			
	I didn't put amounts of seasonings as I do it to taste. I also added the cucumber to taste. Put in refrigerator overnite to get flavors enhanced.			
	I love this for a "dip" or for a dressing on salads. It is really tasty with cheese chips or pork rinds (they are both salty & I don't add salt to the dip/dressing.			
	Click <u>here</u> to show the mos Click <u>here</u> to close thread (administr	1.5		
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### Post New Topic for: Cucumber Ranch Dressing

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Author	Posting	
adrkluchko	Posted - 29 June 2004 5:28 👮 🖏	
	Anyone know of a legal ranch dressing that actually	tastes like ranch?
	Marilyn 174/174/125	

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### Post New Topic for: legal Ranch dressing

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	berry Vinaigrette	
Author	Postin	g
тапар	Posted - 15 February 2007 5:53 🦉 🍓	
	A friend served this and it was so good I h is the only way I could do it. He served it red onion and pine nuts which I know for eliminated. It was absolutely delicious.	on a mixed green salad w/a little
	Strawberry or Raspberry Vinaigrette	
	Combine sf strawberry or raspberry Davin pepper until combined. Gradually add olive Chill until ready to serve. (I just use my I immersion blender) Ingredients	e oil and mix until well blended.
	<ul> <li>sf strawberry or raspberry syrup to taste</li> <li>2 tablespoons sf Balsamic Vinegar</li> <li>1/4 teaspoon ground black pepper</li> <li>1/4 cup Light Olive Oil</li> </ul>	e
	To make a Almost Level One or Level Two fresh strawberries or raspberries instead of	
	It is such a nice light dressing. Very refree	shing.
	Enjoy	
	Edited by - mamabj on 2/15/2007 6:29:24	4 AM
	Click <u>here</u> to show the most re Click <u>here</u> to close thread (administrators	
	Show All Forums	

### Post New Topic for: Strawberry or Raspberry Vinaigrette

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	Click here to show the most recent reply first.						
Dressings and D	It On (Condiments, Dips)   Thread: CREAMY       Send Topic To a         ALAD DRESSING       Posting         6       Posted - 14 February 2007 4:16       S         My son and I played around and created this recipe. Its very qui is always a hit so if you like a little sweeter dressing, try this.		Send Topic To a Friend				
Author		Posting					
DramaMama16	Posted - 14 February 2007 4:16	Ø					
	CREAMY BALSAMIC SALAD DRESSING - yummy!						
	3/4 Cup Mayo 3-4 TBS Cream 1 & 1/2 tsp. Somersweet 2 TBS. Balsamic Vinegar						
	Click <u>here</u> to show the most Click <u>here</u> to close thread (administ	1.5					

### Post New Topic for: CREAMY BALSAMIC SALAD DRESSING

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Click here to show the most recent reply first. Forums | Pour It On (Condiments, Dressings and Dips) | Thread: Thousand Send Topic To a Friend Mile Dressing Author Posting IWedRich Posted - 11 September 2006 17:56 Q ø This is an absolute favorite - you will not miss Thousand Island! Thousand Mile Dressing 1/2 C. Real Mayonnaise 1/2 C. Sour Cream 1/4 C. Roasted Red Bell Pepper, blended until well mashed 6 T. Tomato Sauce 1/4 C. Dill Pickle Relish 1 t. Cream of Tartar 2 pkts. Splenda (sugar substitute) taste Salt & Pepper taste Cream (optional) In a blender mix the peppers until smooth. Add the mayo, tomato sauce and sour cream, blending on low just until smooth. Stir in remaining ingredients

by hand, adding cream to thin or more sour cream to thicken as needed.

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### Post New Topic for: Thousand Mile Dressing

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	<u>It On (Condiments,</u> <u>Dips)</u>   Thread: <b>dip r</b>	nix				Send Topic To a	<u>a Friend</u>
Author				Posting			
pepper6 Posted	- 5 February 2007 13:0	Ş	Q				
					<u> </u>		

I found a company that sells dip mix in quite a few different flavors and they are really good. It's www.allstarsdips.com. There is no sugar in them but I did see one that had soy in it. The rest looked level 1 to me. You just mix them with i cup mayo & 1 cup sour crm.

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Post New Topic for: dip mix

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	IP RECIPES for Holidays					
Author		Posting				
phoffer	Posted - 22 December 2004 7:34	4				
	Mexican Fiesta Dip Mix 1/2 c dried parsley 1/3 c minced onion 1/4 c dried chives 1/3 c chili powder 1/4 c cimin 1/4 c salt					
	In large bowl combine all the spices and store in an airtight container To Use: add 3 TB od the dry mixture from above with 1 cup mayonaise and 1 cup sour cream Mix together chill 2 to 4 hours.					
	HALF TIME HOAGIE DIP 1/2 lb sliced salami, chopped 1/2 lb deli ham, chopped 1/2 lb american cheese slices, c 3/4 cup tomato, chopped 1/3 cup onion, chopped 1/2-1 tsp dried oregano 1/2 cup mayonaise mix well and chill	hopped				
	CRABMEAT DIP 1 can or 6 oz crab meat drained 1 package 8 oz cream cheese, s 1/2 cup legal brand thousand is 2 tb lemon juice 1 green onion, chopped	oftened				
	In medium bowl thoroughly com	bine all ingredients, ch	ill.			
	<ul> <li>HOT PIZZA DIP</li> <li>1 8 Oz package cream cheese, s</li> <li>1/2 tsp dried oregano</li> <li>1/2 tsp dried parsley</li> <li>1/4 tsp dried basil</li> <li>1 cup shredded mozzarella chees</li> <li>1 cup parmesan cheese</li> <li>1 cup pizza sauce</li> <li>2 tb chopped green bell pepper</li> <li>2 oz pepperoni sausage, chopped</li> </ul>	se				

In a small bowl, mix together the cream cheese, oregano, and basil. Spread mixture in the bottom of a 9" pie plate or shallow mircowave dish. sprinkle 1.2 cup of mozzarella and the 1/2 cup of Paresan cheese on top of cream cheese mixture. Spread the pizza sauce over all. Sprinkle with remaining cheese, then top with green pepper, and pepperoni. Cover and microwave for 3 to 5 minutes, serve hot

CREAM CHEESE TACO DIP 8 oz. cream cheese, softened 1/2 cup heavy cream 16 oz. sour cream 1 package taco seasoning 2 cups cheddar cheese, grated

Add heavy cream to cream cheese and mix well until smooth. Add sour cream, taco seasonings and cheddar cheese, mix well. Chill

NIPPY BLUE CHEESE BALL 6 oz cream cheese softened 3 tb heavy cream 1 tb mayonaise 1/2 tsp worcestershire sauce 1/4 crumbled blue cheese

Combine first four ingredients and stir well Fold in blue cheese.

SANTE FE SUNSET DIP

3 oz sun-dried tomatoes, (not in oil) 2 jars (7 oz) roasted red peppers, drain 2 cloves garlic, chopped fine 1 1/2 tsp ground cumin, or to taste 1 tsp fresh lemon juice, or to taste 1/4 cup chopped fresh cilantro 1/4 cup chopped green onion 4 oz cream cheese, softened salt and pepper to taste tabasco sauce to taste Soak the tomatoes in hot water for about 5 mintues, drain well but reserve 3 TB of the soaking liquid. In a food processor, puree the peppers, tomatoes, garlic, cumin, lemon juice, cilantro and green onions until smooth and well blended. Add cream cheese, puree mixture adding enough of the soaking liquid to thin the dip to desired consistency, Blend until smooth, salt pepper and hot sauce to taste. Adjust seasonings, Chill 24 hours

Patricia Hoffer

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### Post New Topic for: Don't miss these DIP RECIPES for Holidays

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Dressing	Click <u>here</u> to show the most recent   <u>Pour It On (Condiments,</u> <u>gs and Dips)</u>   Thread: <b>Homemade</b> Pressing	reply first. Send Topic To a Friend
Author	Posting	
3M	Posted - 9 January 2007 6:22 🦉 🍓	
	This is the salad dressing I make. I mix it up in take it with me when we are going out for dinr ingredients, just use what looks good.	
	<ul><li>1/4 cup mayonnaise</li><li>2 Tablespoons parmesan cheese (in the can)</li><li>1/4 teaspoon chili powder</li><li>enough water to make it the same consistency</li></ul>	as bottled salad dressing
	My husband said this reminds him of a bottled I can't remember which one and it was one I h	0
	Started March 6, 2006 Start 297 ~ Current 208 ~ Goal 150 "It is written, Man shall not live by bread alone proceedeth out of the mouth of God." Matthew	
	Click <u>here</u> to show the most recent Click <u>here</u> to close thread (administrators & m	1.5
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### Post New Topic for: Homemade Salad Dressing

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Dressings	Click <u>here</u> to show the most recent reply fir <u>Pour It On (Condiments.</u> <u>and Dips)</u>   Thread: <b>Catalina</b> essing???	rst. Send Topic To a Friend	
Author	Posting		
dweebee	Posted - 10 October 2005 13:25 🖉 🍓		
	I am looking for a somersized catalina salad dressing. Would appreciate any help you can give me.		
	Thanks		
	Pam		
	Click <u>here</u> to show the most recent reply fir Click <u>here</u> to close thread (administrators & moderators c		
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### Post New Topic for: Catalina Salad Dressing???

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Click here to show the most recent reply first.Forums   Pour It On (Condiments. Dressings and Dips)   Thread: Sour CreamSend Topic To a Friend				
Author	Posting			
AGraham	Posted - 21 September 2003 21:6 🦉 🍓			
	For those who have a hard time finding "legal" sour cream:			
	1 Cup Heavy Whipping Cream 1 1/4 T Lemon Juice			
	Let above ingredients sit in a glass Mason Jar (covered with plastic wrap and a rubber band) for 18-24 hours. The longer it sits the better. The cream immediately thickens once you add the lemon juice. Store sour cream in the fridge in a plastic bowl with lid. Should keep for a week or more. Easy and tastes great!!			
	Edited by - AGraham on 9/22/2003 9:29:01 AM			
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).			
	Show All Forums   Back			

#### Post New Topic for: Sour Cream

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Dressings ar	Click <u>here</u> to show the most recent reply first. <u>ur It On (Condiments,</u> <u>nd Dips)</u>   Thread: <b>raspberry</b> <u>Send Topic To a Frience</u> <b>vinaigrette</b>	<u>d</u>
Author	Posting	
varinia1961	Posted - 26 January 2007 13:36 🖉 I love raspberry walnut vinairette, but they have too much sugar. So, I bought Newman's Own Light Balsamic vinaigrette (1 g sugar) and added raspberry and macademia nut davinci syrups. tastes great!	_

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### Post New Topic for: raspberry macademia vinaigrette

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<u>Forums   Po</u>	<u>ur It On (Condiments,</u>	
<u>Dressings a</u>	nd Dips)   Thread: HELPPP on	<u>Send Topic To a Friend</u>
dressing		
Author	Posting	
Fashiond07	Posted - 10 January 2007 13:1 🤵 🍓	
	ok I found this drossing and it only has 1 gram of	f sugar in it is that ok?

ok I found this dressing and it only has 1 gram of sugar in it....is that ok?

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#### Post New Topic for: HELPPP on dressing

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Dressing	Click <u>here</u> to show the m   <u>Pour It On (Condiments,</u> <u>s and Dips)</u>   Thread: <b>legal</b> of salad dressings		t. <u>Send Topic To a Friend</u>
Author	P	Posting	
kimrisa	Posted - 13 November 2006 19:29 👮	ł.	
	Can someone provide me a list of leg	gal commerical bran	d salad dressings?
	Thanks!		
	Click here to show the m	nost recent reply firs	t.

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### Post New Topic for: legal brands of salad dressings

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Dressings	Click <u>here</u> to show the most red <u>Pour It On (Condiments,</u> <u>and Dips)</u>   Thread: <b>Balsamic</b> <b>me Oil Salad Dressing</b>	cent reply first. Send Topic To a Friend
Author	Posting	9
IWedRich	Posted - 11 September 2006 17:55 🦉 🍓	
	<ul> <li>Balsamic and Sesame Oil Salad Dressing</li> <li>3 pkt. Splenda (sugar substitute)</li> <li>½ t. Ground Thyme</li> <li>½ t. Dried Orange Peel (or Lemon Peel)</li> <li>3 T. Balsamic Vinegar</li> <li>½ C. Sesame Oil</li> </ul>	
	Mix together Splenda (sugar substitute), thyme and orange peel. Add vinegar. Slowly blend in the oil. The dressing will thicken as you blend. Toss with about 10 oz. Salad, using spinach, butter lettuces or your favorite combination.	
	Click here to show the most rec	ant rank first

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### Post New Topic for: Balsamic and Sesame Oil Salad Dressing

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	Click <u>here</u> to show the most recent reply first. <u>It On (Condiments,</u> <u>Dips)</u>   Thread: <b>Perky</b> <u>Send Topic To a Friend</u> <b>Dip</b>
Author	Posting
phoffer	Posted - 22 December 2004 6:46 🖉 🍓
	<ul> <li>3 Oz cream cheese, room temp.</li> <li>1 cup sour cream</li> <li>1/2 cup chopped dill pickle</li> <li>2 tsp. onion flakes</li> <li>1 TB horseradish</li> </ul>
	Mix all together and serve with veggies Enjoy!!
	Patricia Hoffer
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### Post New Topic for: Perky Horseradish Dip

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Author	Posting		
erjen_lower	Posted - 25 October 2006 6:38 🤵 🍓		
	Warm Southwest Sauce		
	a couple of spoons of sour cream a spoon of cream cheese a little shredded cheddar cheese chili powder, to taste cumin, to taste onion and garlic powders, to taste.		
	Mix it all together and heat in the microwave. It is nice over cauliflower or even on steak or chicken.		
	Sorry there are no amounts, but this is how the recipe came to me.		
	Jenn Gastric bypass 10/24/05 265/146.6/145		
	Some people are like slinkys, not good for much, but it sure puts a smile on your face when you see one tumble down the steps.		
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).		
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Cl <u>Forums</u>   <u>Pour It On (C</u> <u>Dressings and Dips)</u>   ⁻ <b>sauce</b>		irst. <u>Send Topic To a Friend</u>
Author	Posting	
somersizenewby	Posted - 30 October 2006 8:36 🖉 🍓	

Does anyone have a good donair sauce recipe?

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#### Post New Topic for: donair sauce

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	<u>d Dips)</u>   Thread: <b>Tomato</b> , <b>mushroom sauce</b>	Send Topic To a Frien
Author		Posting
erjen_lower	Posted - 25 October 2006 6:35	à
	I threw this together last night, in this recipe! It was good thoug	so I apologize for the lack of organization h!
	Tomato, cheese and mushroom	sauce
	1 T butter 1/2 garlic, minced garlic powder, to taste 1 small can mushrooms, drained 1/3- 1/2 cup diced tomatoes, in 1/4 cup tomato sauce 1/2 cup sour cream black pepper, to taste 3-4 oz. cheddar cheese, grated chicken, crab or shrimp, cooked	
		c, mushrooms, garlic powder and black matoes, sour cream and tomato sauce. nd stir well to encorporate.
	bit. I added shrimp to mine and whole wheat rotini, which makes somersizing) and toppped it with	ble a bit to cook down and thicken up a allowed it to heat. I served this over s it level 2 (I am not currently n a little more shredded cheddar. I bet thi lorets or even riced cauliflower. Probably
	I think some cayenne pepper or wonderful in this too. It would d	even roasted red pepper would be efinitely add to the flavor.
	Don't salt this at all. It doesn't r	need it.
	I hope you enjoy it.	
	Jenn Gastric bypass 10/24/05 265/146.6/145	
	Some people are like slinkys, no on your face when you see one	ot good for much, but it sure puts a smile tumble down the steps.
	Click <u>here</u> to show the n Click <u>here</u> to close thread (admir	
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 $http://legacy.suzannesomers.com/...shroom+sauce&forum_id=110&forum_itle=Pour+It+On+\%28Condiments\%2C+Dressings+and+Dips\%29[9/8/14, 10:14:37\ AM]$ 

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Post New Topic for: Tomato, cheese and mushroom sauce

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Author	Posting	
amethystfire	Posted - 6 February 2006 12:7 👮 🖏	
	I'm having a heck of a time finding a recipe for some legal spaghetti/pizza sauce. Can anyone of you lovelies tell me a good one to try?	
	<i>those who walk in love and truth, shall grow in honor and strength.</i>	
	back on the somersizing wagon 208/193/150	
	::amethystfire::	
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).	
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### Post New Topic for: Legal Spaghetti Sauce?

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Author	Posting			
IWedRich	Posted - 11 September 2006 18:1 🦉 🍓			
	Shrimp Cocktail Sauce 8oz. Tomato Sauce 2 T. Tomato Paste 4 Anchovies 3 T. Lemon Juice 1 t. Prepared Horseradish 1 t. Crushed Garlic 3-4 Dashes of Hot Sauce (Tabasco style) 4 Packets Splenda (sugar substitute) taste Salt & Pepper			
	Using blender combine all ingredients. Blend until well mixed. Chill before serving with cooked and chilled peeled de-veined shrimp.			
	Lovin' Jesus and Lovin' Life!			
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).			

### Post New Topic for: Shrimp Cocktail Sauce Extraordinaire!

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Author				Posting	
MichyS	Posted - 11 June 2006 17:4	ş	Q		
	I saw a post a while ba	ck o	n how	to make miracle	whip out of Helmans Does

I saw a post a while back on how to make miracle whip out of Helmans. Does anyone know of this recipe?

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### Post New Topic for: Miracle Whip from Helmans

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Forums   Pour It On (Condiments,					
-	Dressings and Dips)   Thread: SF Jelly Send Topic To a Friend				
recipe?					
Author		Posting			
JulieJafar	Posted - 10 September 2006 12:55	<b>A</b>			
	I need some help I want to make some SF muscedine jelly but the pink box of Sure Jell doesn't give recipes for a SF jelly. If you have a recipe please le me know. Just made 8 jars of reg jelly (used the grape recipe per my Mom and the yellow box of Sure Jell) but now I want some for me and my parents. Thanks in advance for all your help! Julie				
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Post New Topic for: SF Jelly recipe?

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Click <u>here</u> to show the most recent reply first. <u>Forums   Pour It On (Condiments.</u> <u>Dressings and Dips)</u>   Thread: <b>Pico de</b> <u>Send Topic To a Friend</u> <b>Gallo</b>				
Author	Posting			
IWedRich	Posted - 11 September 2006 18:0 🦉 🍓			
	Pico de Gallo 2 Ig. Tomatoes, chopped 1 med. Onion, chopped 2-3 Garlic Cloves, chopped 1 sm. Jalapeno, chopped 2/3 C. Fresh Cilantro, chopped 3 T. Lemon Juice, fresh squeezed 1 T. Olive Oil Salt to taste			
Coarsely chop the ingredients. Mix together in a glass bowl and let stabout 30 minutes before serving.				
	Lovin' Jesus and Lovin' Life!			
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### Post New Topic for: Pico de Gallo

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Dressings	Click <u>here</u> to show the r <u>Pour It On (Condiments,</u> <u>and Dips)</u>   Thread: <b>Creamy</b> <b>Basil Dressing</b>	most recent reply fi	rst. <u>Send Topic To a Friend</u>	
Author		Posting		
IWedRich	Posted - 11 September 2006 17:59	<b>A</b>		
Creamy Tomato - Basil Dressing 1 C. Real Mayonnaise 1/4 C. Tomato Sauce 3 T. Sour Cream 1/4 C. Fresh Chopped Basil (dried will work if you don't have fresh) 1 t. Cream of Tartar taste Salt & Pepper taste Cream				
	Using a mixer or blender to combine mayo, tomato sauce and sour cream, mix on low, just until smooth. Stir in remaining ingredients by hand, adding cream to thin down or more sour cream to thicken as needed.			
	Lovin' Jesus and Lovin' Life! Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).			

### Post New Topic for: Creamy Tomato - Basil Dressing

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<u>Forums   Pour It On (Condiments,</u> <u>Dressings and Dips)</u>   Thread: <b>dips</b>				Send Topic To a Friend	
Author			Posting		
missyjean _P	osted - 11 September 2006 8:48	<b>P</b>	<b>a</b>		

I just went to the spice west site to check out their dips. They look great, but how do you know if they are sugar free/buttermilk free? I can't find anywhere on the site that will give me the ingredients?

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Post New Topic for: dips

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	Click <u>here</u> to show the most recent reply f <u>It On (Condiments.</u> <u>Dips)</u>   Thread: <b>dill dip</b>	irst. <u>Send Topic To a Friend</u>	
Author	Posting		
cafemom	Posted - 15 August 2006 13:0 😰 <table-cell> 1 cup sour cream 1 cup mayo 1 packet Hidden Valley Ranch dry dressing mix 2 tsp. dill weed 1 tsp. parsley</table-cell>		
Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).			
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### Post New Topic for: dill dip recipe

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Click here to show the most recent reply first.         Forums   Pour It On (Condiments,         Dressings and Dips)   Thread: chipped       Send Topic To a Friend				
beef dip				
Author	Posting			
mulligan1201	1 Posted - 30 August 2006 15:30 👮 🍓			
	This is so good! It is the kind that would normally come boatbut who needs that when we have pork rinds to ton of recipes on the net for this but I just whipped sor are approximate measurements.	dip. There are a		
half of a jar of chipped beef-diced 1 cup Sour cream 1 cup Mayo 1 Tbs. Chopped onion 1 Tbs. Parsley 2 Tbs. Dill				
	Mix it up and ready to go!			
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).			

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### Post New Topic for: chipped beef dip

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Click <u>here</u> to show the most recent reply first. <u>Forums   Pour It On (Condiments,</u> <u>Dressings and Dips)</u>   Thread: <b>Creole</b> <u>Send Topic To a Friend</u> <u>Seasoning</u>				
Author	Posting			
Sheila0029	Posted - 28 October 2003 10:14 👷 🍓			
2 parts coarse black pepper 1 part each of cayenne, thyme, paprika and sea salt. Mix, store and desired		It. Mix, store and use as		
Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).				
Show All Forums   Back				

#### Post New Topic for: Creole Seasoning

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	Click <u>here</u> to show the mo ur It On (Condiments, ad Dips)   Thread: <b>Somersize</b> s <b>sing</b>	st recent reply first. Send Topic To a Friend
Author	F	Posting
glitterskate	Posted - 26 June 2006 13:42 👮 🍓	
	I was just going to order the packets of Suzannes' Ranch Dressing but when looking at the ingredients found it has buttermilk solids in it. The ingredient list is as follows: Salt, Buttermilk Solids, Whey Solids, Garlic Powder, Onion Powder, Lactic Acid, Spices, Citric Acid, Guar Gum. Now I thought Buttermilk was a funky food. How come Suzanne puts it in her dressing?	
	Glitterskate	
	Click <u>here</u> to show the mo Click <u>here</u> to close thread (adminis	1.5
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### Post New Topic for: Somersize Ranch Dressing

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Click <u>here</u> to show the most recent reply first. <u>Forums   Pour It On (Condiments,</u> <u>Dressings and Dips)</u>   Thread: <b>Lots of</b> <u>Send Topic To a Friend</u> <u>legal mexican recipes</u>			
Author Posting			
mamabj Posted - 7 August 2006 15:14 🤵 🍓			
I got a Rick Bayless "Mexican Everyday" cookbook. There are a lot of le recipes in there, especially for different salads and dressings. For those like Mexican, it is a great source. Other recipes can easily be adapted to SSing as well.	who		
mamabj 250/189			
Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).			

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### Post New Topic for: Lots of legal mexican recipes

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uthor	Postin	g
bigdad	Posted - 30 July 2006 15:44 🦉 🍓	
	In a bowl mix: 1 cup Ketchup 1/2 cup Worcestershire sauce 1/2 cup Sake,Rice wine,Vodka* 1/4 Brown or Turbino Sugar** 2 Tbs Sri Racha sauce(hot sauce) 2 Tbs Roasted Garlic 2 Tbs Ginger(fresh or powder) 2 Tbs balsamic Vinegar	
	<ul> <li>* I didn't have any of this so I used Rice</li> <li>** Used SS of course!!</li> <li>I heated this to a simmer to bring all the sefore I used it.</li> <li>This does have a kick to it so if you don't Racha a bit.</li> <li>I put this on some pulled pork I smoked t would go good with just about any type of 1 with a kick. I just think it taste pretty da</li> </ul>	flavors together then let it cool off like the heat back off on the Sri oday and it was great. I think this f meat. My wife thinks it taste like A
	Edited by - bigdad on 7/30/2006 3:46:44	PM
	Click <u>here</u> to show the most re Click <u>here</u> to close thread (administrator	
	Show All Forums	Back

### Post New Topic for: Tonkatsu BBQ Sauce

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Click here to show the most recent reply first.				
Forums   Pour It On (Condiments,				
	nd Dips)   Thread: Wishbone	Send Topic To a Friend		
Carb Option	ns Ranch			
Author		Posting		
glitterskate	Posted - 11 July 2006 17:53 🤵 🍓			
	5 5 5	storebought Ranch dressing I recommend h. It is wonderful and as far as I can see,		

legal. I ordered Suzanne's Ranch dressing mixes and thougth it a little bland. The Wishbone is not though and is very yummy!

Glitterskate

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### Post New Topic for: Wishbone Carb Options Ranch

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Dressings and auce & carl	d Dips)   Thread: easiest tom	Send Topic To a Frien
Author	Post	ing
nungryhippo	Posted - 22 June 2006 14:41 🖉 🍓	
	This is the easiest sauce I've ever ma	ide and I love it. It's so simple
	1 28oz can crushed tomatoes 1t crushed/chopped/minced/whatever 1/2c broth (vege, beef, or chicken)	garlic
	that's basically it. the rest is optional 1/4t crushed red peppers 1/2t salt 1t olive oil (to fry the garlic for a pro	/fat meal)
	I'm going to give the recipe for a car two is sauteing the garlic in water or course.	b meal. The only difference in the
	I use the jar of minced garlic in wate water to the pan to get it going. Once (the first time I did this I paniced and oil burning) the garlic won't be burnt your broth and tomatoes. Cover and and simmer another 5 or so. Just dep sauce. I found this recipe is best with better. I'm sure there are a ton of re- and easy. Especially if your tired of lo	e the bottom of your pan is brown I thought I ruined it, I'm so used to but the flavor is fantastic. Then add simmer about 20 min, the uncover bends on how thick you like your a rotini noodles. they hold the sauce cipes out there but this is delicious
	Click <u>here</u> to show the most re Click <u>here</u> to close thread (administrator	
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### Post New Topic for: easiest tom sauce & carbo or fat!

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Author	F	Posting	
larubia69	Posted - 10 July 2006 11:52 🤵 🍓	*	
		from the chili's, but am interested in e repost it? I did a search and cannot find	
Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).			
	Show All Foru	ms   Back	

### Post New Topic for: September's Enchilada Sauce?

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	Click <u>here</u> to show the most recent reply fir <u>Pour It On (Condiments,</u> <u>s and Dips)</u>   Thread: <b>Three-Herb</b> urri	rst. Send Topic To a Friend
Author	Posting	
MsTified	Posted - 17 June 2006 20:2 🦉	
	Three-Herb Chimichurri Bon Appetit, July 06, p. 93	
	This is an Argentinian sauce served with grilled steak. I've tried several of these and this is the best I've made so far! 1/4 cup olive oil 1-1/2 tablespoons Sherry wine vinegar 1-1/2 tablespoons fresh lemon juice 2 small garlic cloves, peeled 1 shallot, peeled, quartered 1/2 teaspoon fine sea salt 1/2 teaspoon black pepper 1/4 teaspoon crushed red pepper 1-1/2 cups packed, stemmed fresh Italian parsley 1-1/2 cup packed, stemmed fresh cilantro 1/2 cup packed, stemmed fresh mint	
	<ol> <li>Combine first 8 ingredients (olive oil thru red pepper) in blender; blend until almost smooth. Add parsley, cilantro and mint; puree until almost smooth.</li> <li>NOTE: Can be made up to 3 hours ahead. Cover and chill.</li> </ol>	
	~ DEDICATION ~ DETERMINATION ~ DISCIPLINE ~ "MsTified (Kate) 05/2001: 148/126 (reached goal) Back Again: 136/133/126	
	Click <u>here</u> to show the most recent reply fir Click <u>here</u> to close thread (administrators & moderators o	
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### Post New Topic for: Three-Herb Chimichurri

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Click here to show the most recent reply first.         Forums   Pour It On (Condiments,         Dressings and Dips)   Thread: Traditional       Send Topic To a Friend         Green Goddess		
Author	Posting	
2b4mb	Posted - 9 January 2005 15:5 🦉 🍓	
	1 c mayonnaise 1 clove garlic, minced 3 anchovies, chopped 1/4 c finely chopped chives or green onions with tops 1/4 c parsley 1 T lemon juice 1 T tarragon vinegar 1/2 t salt pepper to taste 1/2 c sour cream	
	Put all in a blender or food processor except the sour cream and blend until smooth or just whisk if you like bits of onion and garlic. Fold in sour cream. Makes 2 cups.	

I got this recipe from The New York Times Cookbook, Craig Claiborne

Barb 270/180/???

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### Post New Topic for: Traditional Green Goddess

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	Click <u>here</u> to show the most recent reply fi <u>Pour It On (Condiments,</u> <u>and Dips)</u>   Thread: <b>Best Ever</b> uce	rst. <u>Send Topic To a Friend</u>
Author	Posting	
MsTified	Posted - 2 April 2004 18:59 🤵 🍓	
	BEST EVER PIZZA SAUCE Yield: 2-1/2 cups 3 T. olive oil 1 onion, chopped 2 garlic cloves, minced 1 28 oz. can diced tomatoes 1 6 oz. can tomato paste 1-1/2 t. dried basil 1 T. oregano 2 t. sugar (substitute) t. each. salt and pepper 1 bay leaf, whole	
<ul><li>½ t. crushed red pepper flakes or cayenne</li><li>1. In a Dutch oven, heat oil over medium-high heat. Add onions</li></ul>		dd onions and garlic
	and saute. 2. In a blender or food processor, add tomatoes with I basil, oregano, sugar, salt and pepper. Process until sr oven. Add bay leaf and stir in red pepper. Cover and s Note. You can add an 8-oz. can of tomato sauce and u sauce, too. It's so much better than the store bought s make. Make up a large quantity and freeze in ready-to	mooth. Pour into Dutch simmer 1-1/2 hours. use this as a spaghetti stuff and very easy to
	~ DEDICATION ~ DETERMINATION ~ DISCIPLINE ~ MsTified217@hotmail.com	
	Click <u>here</u> to show the most recent reply fi Click <u>here</u> to close thread (administrators & moderators of	
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#### Post New Topic for: Best Ever Pizza Sauce

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Dressings a	Click <u>here</u> to show the most recent our It On (Condiments, nd Dips)   Thread: Wishbone n Ranch Salad Dressing	reply first. Send Topic To a Friend	
Author	Posting		
glitterskate Posted - 18 June 2006 16:19 🔮 🗟 I live in Illinois and am looking to try the Wi Salad Dressing which I have seen posted on Somersizers. I have looked at Wal Mart and Does anyone have any ideas? Does anyone have ranch dressing that is legal?		the boards is legal for HyVee but did not find it.	
	Click here to show the most recent	reply first.	

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### Post New Topic for: Wishbone Carb Option Ranch Salad Dressing

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	Click here to show the most recent reply first.
	Pour It On (Condiments.s and Dips)   Thread: FrenchSend Topic To a Friendg
Author	Posting
jancupo	Posted - 8 April 2004 11:0 👮 🥘
	Does anyone know a good french dressing recipe. I use to love french dressing

and don't eat salad as much since I can't find a sugar free one?

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#### Post New Topic for: French Dressing

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<u>Dressings a</u> mayo-YUI	and Dips)   Thread: homemade Send Topic To a Frier	
Author	Posting	
heysue	Posted - 24 May 2006 9:1 🤵 🍓	
	This is the best and easiest mayonnaise recipe. Whir in a blender: 2 eggs 1 1/2 tsp. salt 1 tsp. dry mustard 1/2 tsp. paprika Clean down the sides. Add: 2 Tbsp. lemon juice Start blender, remove cover, and very slowly pour in: 1/2 C. oil. Add: 2 Tbsp. vinegar Slowly, with belender running, add: 1 1/2 C. oil	
	Sue	
	I want to be a loser!!	
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).	

### Post New Topic for: homemade mayo-YUM!

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Forums   Pour It On (Condiments,						
viniagrette	and Dips)   Thread: raspberry Send Topic To a Friend					
Author	Posting					
	Posted - 20 May 2006 9:42 👮 🚳					
	Would anyone have any idea how to make this so its legal? Or even have a "bad" copy that I could alter to make legal? I love this dressing and thought even if I could use some of those syrups that'd be good. I just have no idea how to begin. Or even if its possible.					
	See you lighter, CheleChele					
	1lb. down 44 more to go					
	Click here to show the most recent reply first. Click here to close thread (administrators & moderators only).					
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### Post New Topic for: raspberry viniagrette?

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Dressings BBQ Sau	<u>s and Dips)</u>   Thread: Marlboro Send Topic To a Friend ce		
Author	Posting		
beebee1	Posted - 10 May 2006 7:50 🖉 🍓		
	I got this recipe from a Marlboro cookbook & made a few adjustments so it is ss'd.		
	Marlboro BBQ Sauce 1 c strong black decaf coffee 1 c Worcestershire sauce 1 c legal ketchup (I use my own homemade) 1/2 c cider vinegar 3 T Chili powder 2 tsp salt (I omit) 2 c chopped onion 1/4 c minched hot chili peppers (your choice) 6 cloved garlic, minced Splenda or sf honey, to your taste preference		
	Combine all ingredients in a large saucepan and simmer 25 minutes. Press through a food mill or puree in a food processor or blender.		
	For a thicker sauce, return to saucepan and simmer 15-20 minutes. Refrigerate between uses.		
	Makes about 1 quart.		
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).		
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#### Post New Topic for: Marlboro BBQ Sauce

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Dressings	Click <u>here</u> to show the most recent reply fire <u>Pour It On (Condiments,</u> and Dips)   Thread: <b>Really good</b> se dressing!	st. <u>Send Topic To a Friend</u>	
Author	Posting		
carolannb	Posted - 12 March 2006 11:32 🖉 🍓		
	Bleu cheese dressing		
	1 c mayonaise 1-2 Tbsp minced red onion 1-1/2 tsp minced garlic 1/2 c sour cream 2 Tbsp lemon juice 1/2 c crumbled bleu cheese cream to thin if you think it's too thick salt and pepper to taste		
	Mix it all together (I sort of mushed up the bleu chees let sit overnight in fridgeenjoy!	se while stirring) and	
	Click <u>here</u> to show the most recent reply first Click <u>here</u> to close thread (administrators & moderators or		
	Show All Forums   Back		

### Post New Topic for: Really good bleu cheese dressing!

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Forums   Pour It On (Condiments, Dressings and Dips)   Thread: Curry Dip - to die for!Send Topic To a Friendle				
Author	Posting			
MsFit	Posted - 23 January 2006 11:50 🖉 🍓			
	This is a dip/sauce that I have been making for years, and for those who like curry seasoning you'll go nuts for it. I especially like serving it with grilled peppers, onions and zuke but it goes excellent with grilled beef and lamb, I also like using it as a dip with jicama and other crunchie vegetables. It's so simple, but so good. Hope you enjoy it as much as I do.			
	1 cup mayo 1 tblsp or more curry powder (I like Tone's best) 2-3 tsp soy sauce 1 small clove garlic crushed			
	mix together and allow flavors to develop a bit - that's it.			
	I am really bad for measurements so they are not exact I just throw everything in until it looks/tastes right.			
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).			

### Post New Topic for: Curry Dip - to die for!

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	<u>our It On (Condiments,</u> and Dips)   Thread: <b>green</b>	Send Topic To a Friend		
Author	Posting			
missyjean	Posted - 5 April 2006 6:51 👮 🍓			
	Not too long ago I printed a green goddess recipe from these boards. Now can't find it? Any suggestions? (I don't believe it was Suzanne's but from a cookbook and it had anchovies in it.			

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### Post New Topic for: green goddess

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Dressings	Click <u>here</u> to show the most recent reply first. <u>Forums   Pour It On (Condiments,</u> <u>Dressings and Dips)</u>   Thread: <b>Shrimp</b> <u>Send Topic To a Friend</u> <b>Cocktail Sauce</b>				
Author	Posting				
dottiea	Posted - 5 April 2006 7:42 🤵 🍓				
	I am posting this recipe for my friend Carolannb from the Level One Menus board. I'm not a good cook but this is a tried and true cocktail sauce which we love with our shrimp. Some might not consider it level one because of the worcestershire sauce but I've never had a problem with it.				
	<ul> <li>1/2 cup sf ketchup (I use Westbrae brand)</li> <li>1 teaspoon chili powder</li> <li>3 tablespoons lemon juice</li> <li>1 tablespoon worcestershire sauce</li> <li>1 tablespoon prepared horseradish, NOT sauce</li> <li>1 tablespoon finely minced onion</li> <li>1 tablespoon finely minced celery (optional)</li> <li>salt, pepper and Tabasco sauce to taste</li> </ul>				
	Mix all ingredients together in a small bowl. Adjust seasonings to taste and refrigerate. This is enough sauce for about 1 pound of shrimp.				

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### Post New Topic for: Shrimp Cocktail Sauce

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	Click <u>here</u> to show the most recent reply first. <u>Forums   Pour It On (Condiments,</u> <u>Dressings and Dips)</u>   Thread: <b>Black bean</b> <u>Send Topic To a Frien</u> <b>humus</b>		
Author	Posting		
matantej	Posted - 11 January 2006 15:18 🤵 🍓		
	Black bean humus 1 15-oz can black beans, drained 1 cup chickpeas, drained 1 Tbsp. lemon juice 1/4 to 1/2 cup fresh cilantro, chopped 1 tsp. ground cumin 1/2 tsp. ground ginger 1/2 tsp. paprika 2 cloves garlic, minced Salt and pepper to taste Combine all ingredients in a food processor and process until smooth.		
	Janet started over again 1-1-05 286/263/?		
	Edited by - matantej on 3/28/2006 5:56:00 PM		
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).		
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### Post New Topic for: Black bean humus

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Forums       Pour It On (Condiments,         Dressings and Dips)         Thread: steak         Marinade       Send Topic To a Friet				
Author	r Posting			
cubbiegal	Posted - 18 July 2004 5:35 🦉 🍓			
	This is a steak marinade my family has used for years. It is best to marinade your steak at least 1 day to get the full flavor. I like to use sirloin tip steak and cube it for shish kabobs and then put mushrooms, green peppers and vidalia onions mixed in with the steak on the skewers.			
	<ul> <li>4 Tablespoons oil</li> <li>5 T soy sauce</li> <li>3 T lemon juice</li> <li>1/2 t black pepper</li> <li>1 T wostershire sauce</li> </ul>			
Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).				

#### Post New Topic for: steak marinade

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oressings at Iollandais	<u>nd_Dips)</u>   Thread: <b>THE BEST</b> <del>2</del>	Send Topic To a Frier
Author	Pos	ting
Debits2000	Posted - 18 March 2006 7:4 🤵 🍓	
	This is made in the blender and is no this is and how good it is. This is so like broccoli, asparagus or with artich Benedict( recipe at end).	versatile, you can use it on veggies
	Ingredients: 3 egg yolks 2 T fresh lemon juice pinch of cayenne pepper 1/4 t. salt 1 stick butter	
	Directions: Place the eggs yolks, lemon juice and in a panuntil it starts to bubble. Do N on the blender, turn it on to HIGH an remove the top [or use the opening i eggs in a steady stream. By the time seconds- the sauce should be finished high. Serve at once. {NOTE: do not n as there would not be enough heat to Sauce doesn't reheat well, so use it a From "Joy of Cooking"	OT let it turn brown. With the cover nd blend the eggs for 3 seconds, then n top] and pour the butter over the the butter is poured in - about 30 d. If not, blend for 5 more seconds o nake in a smaller quantity than given b cook the eggs.} Make 1 cup.
	To make Eggs Benedict	
	Poach eggs, place eggs on a dish, cov hollandaise over themyum.	ver with bacon [or ham] and pour
	Debi "Everything is better the second time ~~6 weeks later and 9.5 pounds ligh	
	Click <u>here</u> to show the most Click <u>here</u> to close thread (administrate	
	Show All Forums	Back

### Post New Topic for: THE BEST Hollandaise

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Dressing	Click <u>here</u> to show the most recent reply first.   <u>Pour It On (Condiments.</u> <u>gs and Dips)</u>   Thread: <b>Sugar Free</b> <u>Send Topic To a Friend</u> ti Sauce?		
Author	Posting		
RuthF	Posted - 26 July 2005 13:21 🦉 🍓		
I can't remember seeing a sugar free spagetti sauce in the store I shop in. Can you tell me what Brand you buy and where you get it? I live in NC. Al can you use it with whole wheat noodles for a carb meal? Thanks,			
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).		
	Show All Forums   Back		

### Post New Topic for: Sugar Free Spagetti Sauce?

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Click here to show the most recent reply first.         Forums   Pour It On (Condiments,         Dressings and Dips)   Thread: Does       Send Topic To a Friend         anyone remember the southwest dip?				
Author	Posting			
loopylisa	Posted - 19 February 2006 9:14 🤵 🍓			
I bought the dip mixes early on and could have sworn there was a "southwest" one in there. Anyone remember it? Does she still sell it? Any have a recipe to re-create it? I LOVE that stuff!				
	Thanks! Lisa			
	Click <u>here</u> to show the most recent reply fir Click <u>here</u> to close thread (administrators & moderators o			
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Post New Topic for: Does anyone remember the southwest dip?

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Click here       to show the most recent reply first.         Forums   Pour It On (Condiments,			
Author	Posting		
Pass the	Posted - 9 March 2006 15:59 👳 🍓		
'taters	Gorgonzola Dressing		
	<ul> <li>2 c. mayonnaise</li> <li>1 c. sour cream</li> <li>1/2 c. balsamic vinegar</li> <li>4 garlic cloves, minced</li> <li>freshly ground black pepper, to taste</li> <li>2/3 c. gorgonzola cheese (may substitute with blue cheese)</li> <li>Blend first 5 ingredients in a blender until thoroughly mixed. Add gorgonzola</li> <li>and pulse a few times. Let sit in refrigerator for several hours or overnight</li> <li>before serving. I like to add a red onion to the salad when serving this</li> <li>dressing as the flavors go well together. Whenever I make it for company it is</li> </ul>		
	always a hit!		

Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).

### Post New Topic for: Gorgonzola Dressing

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Click <u>here</u> to show the most recent reply first. <u>Forums   Pour It On (Condiments,</u> <u>Dressings and Dips)</u>   Thread: <b>Catalina</b> <u>Send Topic To a Friend</u> <b>Salad Dressing</b>				
Author	Posting			
Debits2000	Posted - 5 March 2006 11:30 🤵 🍓			
This is my all time favorite and I miss it! Does anyone have a SS vers Thanks:o)				
	Debi "Everything is better the second time around!"			
Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).				
	Show All Forums   Back			

### Post New Topic for: Catalina Salad Dressing

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	Click <u>here</u> to show the most <u>ur It On (Condiments.</u> <u>d Dips)</u>   Thread: <b>Cheese</b>	Send Topic To a Friend
Author	P	osting
phoffer	Posted - 4 November 2004 6:53 🤵 🦉	ł
	<ul> <li>1 c heavy cream</li> <li>1/2 c water</li> <li>1 lb cheddar cheese</li> <li>1/4 tsp garlic salt</li> <li>1 tsp mustard</li> <li>1/4 tsp paprika</li> <li>1/4 tsp worcestershire sauce</li> <li>use double boiler or pan with water</li> <li>bowl ontop add all ingredients and</li> <li>frequently until all is melted and signalized for the second sec</li></ul>	stir mooth
	Patricia Hoffer	
	Click <u>here</u> to show the most Click <u>here</u> to close thread (administra	

Post New Topic for: Cheese Sauce

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Click <u>here</u> to show the most recent reply first. <u>Forums   Pour It On (Condiments,</u> <u>Dressings and Dips)</u>   Thread: <b>House</b> <u>Seasoning (great on beef!)</u>				
Author	or Posting			
iwillrejoice	Posted - 17 February 2006 9:24	1		
	I've been meaning to re-post the mix as part of a posting by Ily7 seasons her prime rib roasts, & someone on the Food Network.	2 in the Beef recipe for	orum here. It's how she	
	I've decided that this mix is sol jar on the back of my stove, fo especially steaks. It's as simple - not too salty (IMO).	r constant use! I love	it on all forms of beef,	
	Anyway, here you go. I cut the quantity.	recipe by 1/4, for mo	ore a more manageable	
	House Seasoning, posted by Ily	72, 10 March 2004.		
	1/4 cup salt 1 Tbsp. black pepper 1 Tbsp. garlic powder			
	Mix ingredients together and st months.	ore in an airtight cont	tainer for up to 6	
	How easy is that!?!			
	Gail			
	minus 43 and counting			
	Click <u>here</u> to show the Click <u>here</u> to close thread (ad			
	Show All F	orums   Back		

### Post New Topic for: House Seasoning (great on beef!)

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Click here to show the most recent reply first.				
Forums   Pour It On (Condiments,				
Dressings and Dips)   Thread: Greek Salad			Send Topic To a Friend	
Dressing				
Author			Posting	
Debits2000	Posted - 16 February 2006 18:32	3	ð	

To make legal Greek Salad Dressing: In a blender [or a jar] combine 1 part lemon juice and 2 parts olive oil[if using a blender drizzle in the oil so it thickens]. Then add the following spices: oregano, dill weed, fresh chopped garlic, black pepper. Blend again. You can add crumbled Feta cheese at this point and store in a container until chilled. Pour over salad or use as a marinade.

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### Post New Topic for: Greek Salad Dressing

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	Click <u>here</u> to show the most recent reply first. <u>our It On (Condiments,</u> <u>nd Dips)</u>   Thread: <b>Gravy for</b> <u>Send Topic To a Friend</u>		
Author	Posting		
Debits2000	Posted - 15 February 2006 18:22 🦉 🦉		
	Does anyone have a recipe? I am looking for a way to thicken pan drippings. Thanks!		
	Click here to show the most resent really first		

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#### Post New Topic for: Gravy for Raost Beef

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Click here to show the most recent reply first.         Forums   Pour It On (Condiments,         Dressings and Dips)         Thread: Fiesta       Send Topic To a Friend         cheese dip			
Author	Posting		
matantej	Posted - 26 January 2006 4:22 🤵 🍓		
	Fiesta cheese dip 2 8-oz. packages cream cheese, softened 1 cup sharp cheddar cheese, shredded 1 jalapeno pepper, seeded and finely chopped 1 8-oz. container sour cream 1 Tbsp. green onions, chopped One half tsp. ground red pepper Combine all ingredients and mix with a hand mixer until smooth. Place in a small baking dish and bake for 20 minutes at 350 degrees.		
	Janet started over again 1-1-05 286/263/?		
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### Post New Topic for: Fiesta cheese dip

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Click <u>here</u> to show the most recent reply first. Forums   Pour It On (Condiments, Dressings and Dips)   Thread: Original Dill Dip			
Author	Posting		
janland	Posted - 11 February 2006 9:56 🦉 🍓		
	<ul> <li>2 C. each of mayo and sour cream</li> <li>3 Tbs. onion flakes</li> <li>2 Tbs. dill weed</li> <li>1 Tbs. parsley flakes</li> <li>2 tsp. accent</li> <li>2-3 tsp. Lawry's Seasoned salt</li> </ul>		
	Blend and chill well. Use with cut, raw veggies.		
	Janice		

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### Post New Topic for: Original Dill Dip

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	Click <u>here</u> to show the most <u>Pour It On (Condiments,</u> and Dips)   Thread: <b>Tomato</b> ressing	recent reply first. <u>Send Topic To a Friend</u>	
Author	Pos	ting	
marie172	Posted - 8 February 2006 4:44 🤵 🍓		
	I was looking for a different recipe and came across this one - A carb dressing! No, I haven't tried it, but doesn't it look interesting?		
	Tomato Yogurt Dressing		
	1c nonfat yogurt		
	1 tsp lemon juice		
	<ul><li>1/2 tsp sugar (substitute equivalent)</li><li>1/4 tsp salt</li></ul>		
	1 Tbsp tomato sauce		
	Combine all ingredients, chill before serving.		
	Click <u>here</u> to show the most	recent reply first.	

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### Post New Topic for: Tomato Yogurt Dressing

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	Click <u>here</u> to show the mo t <u>On (Condiments,</u> <u>ips)</u>   Thread: <b>Elaine's</b>	ost recent reply firs	st. <u>Send Topic To a Friend</u>		
Author		Posting			
wired_foxterror	Posted - 22 April 2004 16:29 🤵	đ.			
	Elaine's Puttanesca Sauce				
	<ul> <li>1 tsp olive oil</li> <li>1 cup chopped onion</li> <li>4 minced garlic cloves</li> <li>2 tsp balsamic vinegar</li> <li>¼ Tbsp Somersweet (1 Tbsp Splenda)</li> <li>1 Tbsp chopped fresh basil (2 tsp dried)</li> <li>2 Tbsp tomato paste</li> <li>½ tsp Italian seasoning</li> <li>¼ tsp black pepper</li> <li>2 cans diced tomatoes – do not drain</li> <li>¼ cup pitted olives (green)</li> <li>2 Tbsp chopped fresh parsley</li> <li>1 Tbsp capers</li> <li>½ tsp anchovy paste</li> <li>¼ tsp crushed red pepper</li> </ul>				
	Heat oil in saucepan on Medium hi heat. Add onion and garlic and sautee for 5 minutes. Stir in balsamic vinegar and next 6 ingredients (vinegar thru tomatoes) and bring to a boil. Reduce heat to medium and cook uncovered for about 15 minutes. Stir in olives and remaining ingredients and cook until heated thru.				
	I used to use fresh tomatoes for sauce - but I find the canned diced tomatoes are much quicker, easier and just as good!				
	wiredfoxterror				
	Losing-Losing-Gone!				
	Click <u>here</u> to show the mo Click <u>here</u> to close thread (adminis				
	Show All Forum	ns   <u>Back</u>			

#### Post New Topic for: Elaine's Puttanesca Sauce

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Forums   Pour	Click <u>here</u> to show the mo t On (Condiments,	st recent reply fir	rst.	
	<u>bips)</u>   Thread: Elaine's		Send Topic To a Friend	
Author	Posting			
wired_foxterror	Posted - 22 April 2004 16:27 👳	à		
	Elaine's Red Sauce (Easy*Easy)			
	<ol> <li>tsp olive oil</li> <li>cup chopped onion</li> <li>garlic cloves, minced</li> <li>Tbsp balsamic vinegar</li> <li>Tbsp Somersweet (or 1 Tbs)</li> <li>Tbsp chopped fresh basil (or</li> <li>Tbsp tomato paste</li> <li>tsp Italian seasoning</li> <li>tsp black pepper</li> <li>cans diced tomatoes – do no</li> <li>Tbsp chopped fresh parsley</li> </ol>	2 tsp dried basil) ot drain (14.5 oz d		
	Heat oil in saucepan over med sautee 5 minutes. Stir in balsa (vinegar thru tomatoes) and b and cook uncovered – 15 mins more of a blended sauce – and	mic vinegar and eing to a boil. Re for "fresh" firm	next 6 ingredients duce heat to medium	
	Sometimes I use crushed or whole canned tomatoes rather than diced. Crushed tomatoes give you a thick smooth sauce and whole tomatoes give you a chunkier sauce.			
	Wiredfoxterror			
	Losing-Losing-Gone!			
	Click <u>here</u> to show the mo Click <u>here</u> to close thread (adminis			
	Show All Forum	ns   <u>Back</u>		

#### Post New Topic for: Elaine's Red Sauce

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	Click <u>here</u> to show the most recent reply first.   <u>Pour It On (Condiments,</u> <u>Is and Dips)</u>   Thread: <b>Shroom Dip</b> <u>Send Topic To a Friend</u>		
Author	Posting		
Pat Polito	Posted - 1 April 2005 8:13 🤵 🍓		
	Thanks Twig for the inspiration behind the creation of this dip!		
	Ingredients:		
	1 cup daisy Sour Cream		
	1/2 cup Hellmans Real mayo		
	3/4 tsp. ss shitake five spice mushroom rub		
	1 Tbsp. green pepper, finely chopped 1 Tbsp. red pepper, finely chopped		
	3 slices crispy cooked bacon, crumbled		
	Mix all of the above ingredients together until well blended. Place in a lidded container in refridge. Chill for at least 3 hours before serving or until well chilled. Serve with your choice of veggies Enjoy! Now if you really like this dip you may want to try it as an ice cream, posted under Desserts, level 1 as Ice Cream for The Brave. However, I for one would stick to the dip!		
	SisterPat		
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#### Post New Topic for: Shroom Dip

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Author	Posting	
September Posted - 6 April 2005 16:22 🦉 🍓		
	After reading Pat's recipe, (posted separately as Shroom Dip) I was off to the kitchen. I discovered that I didn't have any bacon, so I improvised. Here is my version.	
	1 cup sour cream 1/2 cup mayo 1/2 teaspooon of the Citrus Champignon mushroom rub (I think you could use whichever rub you prefer)	
	Mix everything together and refrigerate it for at least 1/2 hour to let everything meld.	
	This was just awesome with red bell pepper strips and with sugar snap peas! Yum!!	
	I'm so glad to have yet another great use for these fabulous rubs. :) And special thanks to Pat and to Twiggy for coming up with the idea	
	~September~ 274/184/160ish start date: August 1, 2001 Cheat? Why? I already eat the best food in the world!!	
	Click here to show the most recent reply first. Click here to close thread (administrators & moderators only).	
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### Post New Topic for: another "Shroom" Dip

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Author	Posti	ng	
carolannb	Posted - 31 January 2006 13:16 🤵 🍓		
	I just made this today and it was pretty tasty.		
	<ul><li>1/2 c sf ketsup</li><li>zest and juice from 1/2 lemon</li><li>1/4 tsp Worcestershire sauce</li><li>1-1/4 tsp horseradish</li><li>1 tsp Splenda</li></ul>		
	Enjoy! Click here to show the most reco Click here to close thread (administrators &	1.5	

#### Post New Topic for: Coctail Sauce

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Author	Posting
matantej	Posted - 26 January 2006 4:26 👷 🍓
	Lemon Vinaigrette One quarter cup lemon juice 3 Tbsp. olive oil One quarter cup sour cream 2 tsp. sugar (use sweetener) One quarter tsp. red pepper flakes Salt and pepper to taste Combine in a salad cruet and shake. Place all ingredients in a large serving bowl. Just before serving, pour vinaigrette over salad and toss.
	Janet started over again 1-1-05 286/263/?
	Click here to show the most recent reply first. Click here to close thread (administrators & moderators only).
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#### Post New Topic for: Lemon Vinaigrette

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	Click <u>here</u> to show the most recent reply fir <u>Pour It On (Condiments.</u> <u>s and Dips)</u>   Thread: <b>Creamy</b> <b>Dip</b>	st. <u>Send Topic To a Friend</u>
Author	Posting	
Emerald	Posted - 11 December 2005 9:57 🦉 🍓	
	CREAMY SPINACH DIP	
	<ol> <li>8-ounce package of cream cheese (cube it)</li> <li>TBSP grated Parmesan cheese</li> <li>TSP finely chopped onion</li> <li>TSP thyme</li> <li>of 10-ounce box frozen chopped spinach, thawed a other 5 oz for another time)</li> <li>4 cup whipping cream</li> <li>TBSP diced pimento</li> <li>TSP garlic salt</li> <li>TSP Worcestershire sauce</li> </ol>	nd drained (save the
Combine cream cheese and whipping cream in greased Little Dipper Rival's mini-crock pot). Cover and heat until cheese is melted, 30-60 Add remaining ingredients. Cover and heat 30 minutes. Serve with revealed to be a serve with revealed be a serv		
	me with the mini-crock	
	NOTE FOR VEGETARIANS: I excluded the Worchestersh with anchovies and thus not vegetarian). Also, most pa with animal rennet as the "enzyme" on the ingredients the intestines from a suckling mammal used to curdle r that Dubliner cheese (the enzyme used is from a plant excellent substitute in this recipe.	rmaseans are made list. Animal rennet is most cheeses. I found

Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).

#### Post New Topic for: Creamy Spinach Dip

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	Click here to show the most recent reply first.				
	Forums   Pour It On (Condiments,				
Dressings and Dips)         Thread: Spinach Dip         Send Topic To a Friend					
Recipe					
Author	Posting				
mamabj	Posted - 25 January 2006 12:16 🦉 🍓				
	Does anyone have a Spinach Dip Recipe and what d	o you serve it with?			

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### Post New Topic for: Spinach Dip Recipe

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Dressings a	Click <u>here</u> to show the most recent reply fir our It On (Condiments, nd Dips)   Thread: "Honey" ipping Sauce	st. <u>Send Topic To a Friend</u>	
Author	Posting		
tpfriend	Posted - 20 January 2006 17:39 🖉 🍓		
	(from Dana Carpender's "15-Minute Low-Carb Recipes")		
	1/4 cup mayonnaise		
	2 tablespoons spicy mustard		
	1 teaspoon Splenda		
	Simply combine everything, and you're all set.		
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).		

### Post New Topic for: "Honey" Mustard Dipping Sauce

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Author       Posting         Kisa 1       Posted - 17 January 2006 17:31       Image: Comparison of the sour of th	<u>)ressing</u> Cream	s and Dips)   Thread: Cilantro	Send Topic To a Friend
This is a favorite of ours for a "faux" guacamole. A great topper dolloped on a black bean soup or on a bean taco-seasoned salad. Prior to Somersizing this recipe came in handy any time I had a mexican meal planned and the avocadoes weren't ripe. ha! PRO/FATS 1/4 cup plus 2 Tblsp Sour Cream or Cream Fraice 3 Tblsp. Cream 2 Tbsp. chopped fresh Cilantro Salt, Pepper, and Garlic Powder to taste. Mix all ingredients in a bowl with hand mixer, or use a blender. CARBO In place of the sour cream, substitute homemade fat free yogurt cheese, or ff cream cheese. In place of cream to thin, use ff milk. Edited by - Kisa 1 on 1/17/2006 6:32:19 PM Click here to show the most recent reply first. Click here to close thread (administrators & moderators only).	Author	Posting	
<ul> <li>black bean soup or on a bean taco-seasoned salad.</li> <li>Prior to Somersizing this recipe came in handy any time I had a mexican meal planned and the avocadoes weren't ripe. ha!</li> <li>PRO/FATS</li> <li>1/4 cup plus 2 Tblsp Sour Cream or Cream Fraice</li> <li>3 Tblsp. Cream</li> <li>2 Tbsp. chopped fresh Cilantro</li> <li>Salt, Pepper, and Garlic Powder to taste.</li> <li>Mix all ingredients in a bowl with hand mixer, or use a blender.</li> <li>CARBO</li> <li>In place of the sour cream, substitute homemade fat free yogurt cheese, or ff cream cheese. In place of cream to thin, use ff milk.</li> <li>Edited by - Kisa 1 on 1/17/2006 6:32:19 PM</li> <li>Click here to show the most recent reply first. Click here to close thread (administrators &amp; moderators only).</li> </ul>	Kisa 1	Posted - 17 January 2006 17:31 🦉 🏾	
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Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).			
Click here to close thread (administrators & moderators only).		Edited by - Kisa 1 on 1/17/2006 6:32:19 PM	
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#### Post New Topic for: Cilantro Cream

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	Click here to show the most recent reply first.Pour It On (Condiments, and Dips)   Thread: Baked crabSend Topic To a Friend
Author	Posting
matantej	Posted - 11 January 2006 15:13 🤵 🍓
	RECIPE: BAKED CRAB DIP INGREDIENTS: 1 package (8 oz) cream cheese, softened 1 can (6 oz) crabmeat 2 tablespoons grated onion 1 tablespoon cream 1/2 teaspoon salt 1/4 teaspoon pepper 1/4 teaspoon Worcestershire sauce 1 tablespoon finely sliced green onions, for garnish DIRECTIONS: In a medium bowl, combine cream cheese, crabmeat, onion, cream, salt, pepper, and Worcestershire sauce. Stir well. Place mixture in an ovenproof serving dish; sprinkle with a little paprika. Bake at 375 degrees for about 15 minutes, or until thoroughly heated. Sprinkle with sliced green onion. Yield: Approx. 2 cups
	Janet started over again 1-1-05 286/263/?
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#### Post New Topic for: Baked crab dip

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Dressings ar	ur It On (Condiments, ad Dips)   Thread: Sweet n' d Vinegar Dressing		Send Topic To a Friend	
Author		Postir	ng	
naturelover	Posted - 16 February 2004 22:56	9 🖏		
	I have adapted my Mom's own creation which has become our entire extended family's favoriteas I hope it will yours.			
	Into a glass container add a 1 cup Extra Virgin Olive Oil 1/2 tsp garlic powder 1/2 tsp celery salt 1 1/2 tsp onion salt	nd mix:		
	<ul><li>1/4 tsp pepper</li><li>1/2 tsp powdered mustard</li><li>1 Tbl parsley flakes</li><li>2 tsp celery flakes</li></ul>			
	minute): 1/2 cup white vinegar	ets Splenda	, stirring (only takes about one (you could use all Somersweet, no aftertaste)	
		st flavoring. r the salad s		
	Note: this is a very light dre imagineable.	essing and g	oes with just about any meal	
	out on the counter for an h	our or so wh	t up" in the frig. it is good to set it nile you are preparing dinner, so eturn to frig. and it will be fine.	
	Click <u>here</u> to show the click <u>here</u> to close thread		1.5	
	Show All	<u>Forums</u>   <u>B</u>	Back	

Post New Topic for: Sweet n' Sour Oil and Vinegar Dressing

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Forums   Pour It On (Condiments, Dressings and Dips)   Thread: Gravy??Send Topic To a Friend				
Author Posting		g		
vertically_challenged	Posted - 18 February 2004 13:9 👳	<b>Q</b>		
	Anyone have any good gravy re	ecipes!?		
Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).				

Post New Topic for: Gravy??

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Click <u>here</u> to show th Forums   <u>Pour It On (Condiments,</u> <u>Dressings and Dips)</u>   Thread: <b>Mayonaise</b>	ne most recent reply fi	rst. <u>Send Topic To a Friend</u>
Author	Posting	
FrozH2O Posted - 10 November 2005 6:44	8	
(I took this from The own course		

(I took this from The egg council website. It has a lot of egg recipes. Many of them are adaptable to somersizing. I thought that this might be helpful for those who can't get helmans.

http://www.aeb.org/Recipes/EggClassics/COOKEDMAYONNAISE.htm )

Mayonaise (yeilds aprox. 1 1/4 cups)

- 2 egg yolks
- 2 tablespoons vinegar or lemon juice
- 2 tablespoons water
- 1 teaspoon sugar substitute or equivalant
- 1 teaspoon dry mustard
- 1/2 teaspoon salt
- Dash pepper
- 1 cup cooking oil

In small saucepan, stir together egg yolks, vinegar, water, sugar, mustard, salt and pepper until thoroughly blended. Cook over very low heat, stirring constantly, until mixture bubbles in 1 or 2 places. Remove from heat. Let stand 4 minutes. Pour into blender container. Cover and blend at high speed. While blending, very slowly add oil. Blend until thick and smooth. Occasionally, turn off blender and scrape down sides of container with rubber spatula, if necessary. Cover and chill if not using immediately.

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#### Post New Topic for: Mayonaise2

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Dressings and	Click <u>here</u> to show the most recent reply first. <u>r It On (Condiments.</u> <u>d Dips)</u>   Thread: <b>Aunt</b> <u>ie Cheese Dressing</u>		
Author	Posting		
tammie4773	Posted - 6 December 2005 19:44 👷 🍓		
	I'm new here and I wanted to share my dear aunt Lavella's Blue Cheese Dressing/ Dip with you. My aunt Linda has been Somersizing for years and always makes it.		
	LaVella's Blue Cheese Dressing		
	2/3 Cup Sour Cream 1/3 Cup Mayo (I like the Best Foods Canola) Blue Cheese Crumbled (I use half a small wedge)to taste. Horseradish (I use about 1 Tbsp) to taste.		
	That's it! Today I put some fresh dill chopped very fine and it really kicks it up and gives it a fresh flavor. Try dipping Sliced Celery and Bell Peppers in it! YUM!		
	Started SS 12-30-05		
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).		
	Show All Forums   Back		

### Post New Topic for: Aunt Lavella's Blue Cheese Dressing

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Dressings a	Click <u>here</u> to show the r <u>our It On (Condiments.</u> Ind Dips)   Thread: <b>Super Easy</b> Ice for Fish or Vegies	most recent reply fir	st. <u>Send Topic To a Friend</u>
Author		Posting	
BlondeTaz	Posted - 30 November 2005 12:28	0	
	This is delicious if you like a strong lemon flavor. Mix 2 tablespoons sour cream with 1 1/2 teaspoons fresh lemon juice and 1/2 teaspoon salt. That's it! It adds zing to fish. I tried it cold, but it might be good hot also.		
	Sherie		
	Click <u>here</u> to show the r Click <u>here</u> to close thread (admi		

### Post New Topic for: Super Easy Lemon Sauce for Fish or Vegies

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Dressings	Pour It On (Condiments, and Dips)   Thread: Princess Iscan Rubs	Send Topic To a Friend
Author		Posting
Rondaren	Posted - 20 July 2005 8:47 🖉 🦉	e de la companya de l
	PrincessTudy	
	but probably super for pork, se	some "RUB" combinations (specified for beef, eafood, & poultry as well) that I thought migh d like to *fill* our kitchens with tantalizing our pocketbooks.
	may want to make some adjust listed, replace onion salt with a ALSOcheck the lemon pepper (although they may be such a once a mix has proven itself to	a huge difference SEA SALT makes, so you stments, i.e., substitute sea salt for the salt a combination of onion powder & sea salt, etc r and seasoning salt for prohibited ingredients minimal presence that you won't object). And o you, I'd certainly make a large batch to hav no longer to make a *lot* than a *little*!
	***TUSCAN SALT RUB Dry Red	======================================
		could have these rubs on hand in *dried* hatever-ing the ingredients, drying, and
	<ol> <li>garlic clove</li> <li>tablespoon kosher salt</li> <li>small bunch fresh sage (about 2 sprigs fresh rosemary</li> </ol>	ut 30 leaves)
	mound and coarsely chop then to make a coarse rub. Use the bowl for a few days.	garlic with the salt. Place the herbs in a n. Add the garlic salt and chop them together salt right away, or let it dry, uncovered, in a
		ed indefinitely in a clean dry jar.
	***TUSCAN SALT RUB Dry Rec	cipe 2***
	<ul> <li>3 cloves garlic, minced</li> <li>2 teaspoons minced fresh rose</li> <li>2 teaspoons minced fresh sage</li> <li>1 teaspoon freshly cracked bla</li> <li>2 teaspoons kosher salt</li> </ul>	2
	(same directions as above)	
	***TUSCAN SALT RUB Fresh R (this version contains olive oil,	and the rub is to be used when you're also along with the meatso the garlic content will

tablespoon chopped fresh rosemary
 tablespoon chopped fresh thyme
 teaspoon salt
 teaspoon freshly ground black pepper

Combine and add:

1 tablespoon olive oil

For all rubs: Combine ingredients; sprinkle over steak or roast. Rub in lightly. Let sit an hour or until ready to cook.

Yields enough for 2 12-oz steaks. Double for a 3 pound roast.

Hope these give you some additional ideas for experimentation...

_____

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### Post New Topic for: Princess Tudy's Tuscan Rubs

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<u>dy's Ru</u>	and Dips)   Thread: <b>Princess</b> I <b>bs</b>	Send Topic To a Frienc
thor	Р	osting
aren	Posted - 20 July 2005 8:46 🖉 🍓	
	PrincessTudy	
	but probably super for pork, seafood	"RUB" combinations (specified for beef, d, & poultry as well) that I thought might to *fill* our kitchens with tantalizing pocketbooks.
	may want to make some adjustmen listed, replace onion salt with a com ALSOcheck the lemon pepper and (although they may be such a minin once a mix has proven itself to you,	ge difference SEA SALT makes, so you its, i.e., substitute sea salt for the salt ibination of onion powder & sea salt, etc. seasoning salt for prohibited ingredients mal presence that you won't object). And , I'd certainly make a large batch to have onger to make a *lot* than a *little*!
	***Herbs de Provence Spice Mix***	
	<ul> <li>3 T. Dried marjoram</li> <li>3 T. Dried thyme</li> <li>3 T. Dried savory</li> <li>1 tsp. Dried basil</li> <li>1 tsp. Dried rosemary</li> <li>1/2 tsp. Dried sage</li> <li>1/2 tsp. Fennel seeds</li> <li>***AND***</li> <li>1 T. Dried LAVENDAR</li> </ul>	
Со	Combine all ingredients.	
	Mix well and spoon in small jars.	
	Makes 3/4 cup.	
	Use to season chicken, vegetables of	
	***Orleans Pepper Rub***	
	<ul><li>1/2 teaspoon ground red pepper</li><li>1/2 teaspoon ground white pepper</li><li>1/4 teaspoon black pepper</li><li>1/2 teaspoon onion powder</li><li>1/4 teaspoon salt</li></ul>	

***Tex-Mex Rub***

1 teaspoon chili powder 1/2 teaspoon cumin 1/4 teaspoon onion salt 1/4 teaspoon garlic salt 1/8 teaspoon ground oregano ***Herb Bouquet*** 1/4 teaspoon ground black pepper 1/2 teaspoon dry mustard 1/2 teaspoon dried rosemary -- (crushed) 3/4 teaspoon dried oregano 3/4 teaspoon dried thyme ***Lemon Kick*** 1 teaspoon lemon pepper 3/4 teaspoon seasoned salt 1/4 teaspoon garlic powder _____ ***Cucina Italia*** 3/4 teaspoon oregano 3/4 teaspoon basil 1/2 teaspoon garlic powder 1/2 teaspoon salt

Hope these give you some additional ideas for experimentation...

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Edited by - Rondaren on 7/20/2005 8:52:30 AM

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### Post New Topic for: Princess Tudy's Rubs

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Author	Posting		
Twiggy88	Posted - 2 November 2003 6:26 🦉 🍓		
	Quickie Ketchup 1 can tomato paste a dash of vinegar water to desired consistancy salt cumin blend and refrigerate. ***twiggy88 lowfat		
	Edited by - twiggy88 on 2/2/2006 11:41:19 AM		
Edited by - twiggy88 on 11/29/2006 3:56:40 PM Click <u>here</u> to show the most recent reply first.			
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## Post New Topic for: *** Quickie Ketchup

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Dressing's a	<u>our It On (Condiments.</u> and <u>Dips)</u>   Thread: <b>Somersize</b> Sauce-From Fast & Eas	Send Topic To a Friend		
Author	Posting			
gopmom2	Posted - 6 October 2005 9:48 🖉 🍓			
	i just made the Somersized BBQ sauce and boy was it wonderful. I will make this sauce always and it is the best tasting BBQ sauce ever!!!! Really, really easy and so great. Check it out in the Fast & Easy Cookbook on page 277. You won't be sorry!!!			

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### Post New Topic for: Somersize Barbecue Sauce-From Fast & Eas

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ole Slaw v Author	nd Dips)   Thread: Creamy v/ Blue Cheese Po	sting
heilman50	Posted - 22 June 2005 6:13 🤵 🍓	
Hi everyone, I am new to all of this. I started SSing 6/01/05 and have lost 8lbs, and I love it. I was reading the Indianapolis Star this morning (Wed. is "food and drink" recipes in the Living section) and ran across interesting recipe for cole slaw:		
	<ul> <li>1/2 cup mayo</li> <li>1/2 cup sour cream</li> <li>2 TBL white wine vinegar</li> <li>1 TBL water</li> <li>1 TBL sugar (Splenda, Summersweat</li> <li>1/3 cup crumble blue cheese of choth</li> <li>1/4 teas. grd. black pepper</li> <li>6 to 7 cups of shedded cabbage.</li> </ul>	
	mix first 7 ingrediants and pour over refrigerate for up to 24 hours. Best	
	I have not tried this yet, but sounds PS would love to hear from SSers in Carmel/Wstfield area if you are out	5
	dheilman-Indy started 6/01/05 163/158	
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### Post New Topic for: Creamy Cole Slaw w/ Blue Cheese

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Beefy dip		
Author	Post	ing
LoveSweets	Posted - 19 January 2005 14:40 👳 🍇	
	My family loves it when I make this di staple at my housenormally it's serv beef sandwich rolls But I enjoy it wi I'm weird! lol) I just realized that Velv	ved with big rolls, kinda like bbq th crudite's & on pork rinds (yeah,
	3/4 of one large loaf Velveeta ~OR~ 1 small loaf Velveeta & 1 small w/spices & peppers in it)	
	1 or 2 cans Shredded Roast Beef, drai juice 1 small can, drained, chopped green c 1 small white onion, chopped/diced & one 2 to 4 qt slow cooker	hiles
	Cube the velveeta & place in slowcook onions. Stir to combine, turn the heat setting, this works best, high will burn every 10 minutes or so, until the chee is heated thru. You can add more beed the consistency of your preferenceI'v family's tastes. This takes differant an slowcooker; mine takes about 40-45 r my moms cooker takes about 40-45 r my moms cooker takes about 50 mins Serve with your choice of veggies or p SS'ing, big rolls. You can keep it on lo also, if you're having a party. I hope those that try this enjoy it as n versatile as I sometimes add a wee bir jalapeno's if my hubby wants it spicier Mexican style velveeta. You can add h I have my 'hot-mouth'(spice fiends) fr into 2 dishes, 1 hot & 1 regular; to the good fat pinch of cayenne pepper & a one for them. Enjoy! Any feedback you	to low (or medium if yours has that the cheese at the edges) & stir see is completely melted & the meat f, or chiles or Velveeta to make it ve listed what works best for my nounts of time depending on your mins on low, 25-30 mins on med., on low & has no medium setting. fork rinds & for those who aren't w in the slow cooker for a while nuch as my family does. This is a bi t (teaspoon size) of chopped canned r, or I'll use 2 small loaves of ot sauce to it also, if you like. When iends over, I make it all up, divide if e hot I add red pepper flakes, a dash of green or red tobassco to
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### Post New Topic for: Cheesy-Beefy dip

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	our It On (Condiments, nd Dips)   Thread: <b>Ancho Chile</b>		Send Topic To a Friend
Author		Posting	
iwillrejoice	Posted - 15 October 2005 19:45 🤵 🖣	ð.	
	This is unusual & very rich in tas which is a Mexican technique for softened, & finally puréed, into a meat, or veggies. From The Cuisi	releasing their flavo delicious compound	rs. The chile is then
	Ancho Chile Butter		
	<ul><li>2 cloves garlic, unpeeled</li><li>1 large ancho chile</li><li>6 tablespoons (3/4 stick) unsalted</li><li>1/4 teaspoon salt</li></ul>	d butter	
	Place garlic in small skillet over n Toast garlic by heating cloves & t brown in color, remove from heat Peel garlic.	turning as they begin	n to brown. When light
	In same skillet, heat chile over m flesh is soft. It should smell rich Remove from heat. Slit chile open. Remove seeds & any veins.		
	Place chile in small bowl. Pour boiling water over chile to c Remove from water.	over, & let soften fo	r 30 minutes.
	In food processor fitted with stee Add butter & salt, & process until Taste for seasoning.	-	& garlic.
	Spoon onto piece of waxed paper Refrigerate at least 2 hours.		
	To serve, slice cold butter & place	e slices on top of foo	od. Serve immediately.
	Yields 1/2 cup		
	Advance Preparation: May be kep	ot up to 3 days in re	frigerator.
	This is not HOT, just rich & good sauteed yellow squash.	. I really like it melte	ed on steak &/or
	Gail		
	minus 27 and counting		
	Click <u>here</u> to show the r	most recent reply fir	st.

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SuzanneSomers.com Discussion Forum Archive

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	Click <u>here</u> to show the most recent reply first. <u>Pour It On (Condiments,</u> <u>and Dips)</u>   Thread: <b>Carb</b> <u>Send Topic To a Friend</u>
Author	Posting
marie172	Posted - 13 October 2005 4:45 🖉 🍓
	Someone was looking for a carb dressing. I'm sorry, I don't remember who it was, but I found this in my personal archives of recipes. I have never tried it, and I have copied it the way the original poster wrote it:
	Carb dressing
	1 cup nf yogurt 1/2 teaspoon parsley 1/2 teaspoon dill 1/2 teaspoon chives 1/4 teaspoon garlic powder 1/4 teaspoon onion powder 1/8 teaspoon salt 1/8 teaspoon pepper
	It is really great.
	Click here to show the most recent reply first. Click here to close thread (administrators & moderators only).

### Post New Topic for: Carb Dressing

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Click here to show the	e most recent reply first.
Forums   Pour It On (Condiments, Dressings and Dips)   Thread: Bacon dressing-hot	Send Topic To a Friend
Author	Posting
momof7 Posted - 24 May 2005 13:7 🤵 🍓	

1/2 pound bacon slices
3 green onions chopped-use entire thing
1 garlic clove, minced
1/4 cup Splenda (or use Brown Sugar Twin but why would you because this tastes yucky!)
1/4 cup cider vinegar
1 teaspoon chopped fresh parsley
1/4 teaspoon salt
1/2 teaspoon pepper

Serve with spinach salad or whaterver because it is so yummy!

Lori 235/203/200

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## Post New Topic for: Bacon dressing-hot

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	Click <u>here</u> to show the most recent reply first. <u>Pour It On (Condiments.</u> <u>and Dips)</u>   Thread: <b>Creamy</b> <u>Send Topic To a Friend</u> <b>Dip</b>
Author	Posting
matantej	Posted - 1 October 2005 11:49 👳 🍓
	Creamy Tarragon Dip
	<ol> <li>8-oz. package cream cheese, softened</li> <li>1/2 cup sour cream</li> <li>1 clove garlic, minced</li> <li>1 Tbsp. fresh tarragon, chopped</li> <li>1/4 cup green onions, chopped</li> <li>1 tsp. fresh lemon juice</li> </ol>
	Combine all ingredients in a blender or food processor until smooth. Serve with fresh raw vegetables, crackers or toasted bread pieces. Tarragon adds a nice flavor to the traditional cream cheese and sour cream base.
	Janet started over again 1-1-05 286/263/?
	Click here to show the most recent reply first. Click here to close thread (administrators & moderators only).
	Show All Forums   Back

### Post New Topic for: Creamy Tarragon Dip

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Forums       Pour It On (Condiments.         Dressings and Dips)                 Thread: Substituting different vinegars       Send Topic To a Friending Send Topic			
Author	Posting		
caminlaca	a Posted - 9 July 2005 11:37 🦉		
	I have a fab dressing recipe from DebB that calls for rice vinegar. (Reminds me a lot of Newman's Olive Oil and Vinegar.) But I have bottles of white wine vinegar, red wine vinegar and ACV on hand that aren't getting used.		
Anyone successful at substituting or is it just a matter of personal preference? Have you found you preferred the substitution to the o			
	I don't want to replace my rice vinegar with one of these others if it'll throw off the balanceand then have to toss a bottle of dressingso any feedback appreciated.		
	TIA,		

cam

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## Post New Topic for: Substituting different vinegars in dressings?

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Forums   Pour It On (Condiments. Dressings and Dips)   Thread: Chili Sauce	e <u>Send Topic To a</u>	Friend	
Author	Posting		
chefskid Posted - 8 September 2005 12:17	8		

I love Starlite's kethcup, but I still miss old-fashioned chili sauce and can't find a legal recipe for it. If you're not familiar with this by name, it's a lot like ketchup, but a lot chunkier and slightly more spicy. Can any one of you talented SSers out there help? Thanks in advance.

Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).

## Post New Topic for: Chili Sauce

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	<u>Pour It On (Condiments,</u> <u>s and Dips)</u>   Thread: <b>zes</b> :		most recent reply fi	rst. <u>Send Topic To a Friend</u>
Author			Posting	
Niteowl	Posted - 29 July 2005 2:41	ð		
	Does anyone have a recip without sugar. Thanks, n		? I am not able to fi	nd any in stores

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### Post New Topic for: zesty italian dressing

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	Click <u>here</u> to show the most recent reply fir <u>Pour It On (Condiments,</u> <u>and Dips)</u>   Thread: <b>hidden</b> <b>p?</b>	rst. Send Topic To a Friend
Author	Posting	
patscrub Posted - 4 May 2005 13:29 👮 🍓		
	valley dip. I went to Is it ok to use??	
	patscrub	
	Click <u>here</u> to show the most recent reply find Click <u>here</u> to close thread (administrators & moderators of the state of	

## Post New Topic for: hidden valley dip?

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<u> </u>	<u>nd_Dips)</u>   Thread: <b>Dressing</b> li or Asparagus	Send Topic To a Friend
Author	Pos	ting
iwillrejoice	Posted - 21 June 2004 16:42 🤵 🍓	
	I guess I've been making this sauce for very rich & delicious. The recipe didn't this WOE. A friend of mine, who doesn broccoli florets.	need any changing at all to fit into
	I sure can eat a lot more broccoli whe Rock Cooks.	n I have this on it! :-D From Little
	Dressing for Broccoli or Asparagus	
	<ul> <li>1/2 cup butter</li> <li>1 1/2 cups mayonnaise</li> <li>2 tablespoons horseradish</li> <li>1 teaspoon instant minced onion</li> <li>1/4 teaspoon dry mustard</li> <li>1/4 teaspoon cayenne pepper</li> <li>1/2 teaspoon vinegar</li> </ul>	
	Melt butter; remove from heat. Add remaining ingredients, & stir until Heat (do not boil!) & serve over cooke	
	Gail	
	Click <u>here</u> to show the most Click <u>here</u> to close thread (administrate	1.5
	Show All Forums	Back

## Post New Topic for: Dressing for Broccoli or Asparagus

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	Click <u>here</u> to show the most recent reply first. Pour It On (Condiments, <u>s and Dips)</u>   Thread: <b>pesto sauce</b> <u>Send Topic To a Friend</u>		
Author	Posting		
gi	Posted - 10 August 2005 18:19 👷 🍓		
	Hi anyone out there have rec.for pesto sauceor another sauce good for the zuchini noodlesI make the white sauce but am looking for red sauce as I just picked up alot of fresh cheap zuchini.Thanks		
	gi		
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).		

### Post New Topic for: pesto sauce

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Dressing	Click <u>here</u> to show the most recent reply fir Pour It On (Condiments, s and Dips)   Thread: Fat-Free Dressing	st. Send Topic To a Friend			
Author	Posting				
suziebs	Posted - 8 August 2005 11:4 🤵 🍓				
	Does anyone have a recipe for this or know where I can get one. I have a recipe for a bean salad that says to use ff french but I can't find a legal one.				
	Thanks in advance for your help. Suzie				
	Suzie Started Somersizing March 2005 186/167.5/115				
	Click <u>here</u> to show the most recent reply fir Click <u>here</u> to close thread (administrators & moderators o				

### Post New Topic for: Fat-Free French Dressing

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Click here to show the most recent reply first.         Forums   Pour It On (Condiments,         Dressings and Dips)   Thread: Bacon         Send Topic To a Friend         Tomato Dip						
Author	Posting					
beebee1	Posted - 27 July 2005 9:15 🦉 🍓					
	I just saw this in our local newspaper today. It sounds great.					
	Bacon Tomato Dip 1/2 lb bacon, fried & crumbled 1 medium tomato, seeded & finely chopped 8 oz. sour cream 8 oz. mayonnaise					
	Mix together, chill. Tastes like a blt.					
	I will use this with veggies, cheese chips or as a salad dressing.					
	Edited by - beebee1 on 8/25/2005 7:24:45 AM					
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).					
	Show All Forums   Back					

### Post New Topic for: Bacon Tomato Dip

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	<u>Pour It On (Condimen</u> <u>s and Dips)</u>   Thread: <b>r</b>		naise		Send Topic To a Friend			
Author				Posting				
Niteowl	Posted - 29 July 2005 2:44	2	Q					

I am also looking for a recipie for homemade mayonise with no sugar. I know I an buy it in stores but I would like to try making my own. Thanks, niteowl.

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### Post New Topic for: mayonaise

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Forums   Pour It On (Condiments,					
Dressings and	Dips)   Thread: Easy, fa	Send Topic To a Friend			
1000 Island Dressing					
Author			Posting		
almostskinny	Posted - 28 June 2005 6:48		3		

I found a sugar free mayonnaise that tastes great and

I found a sugar free mayonnaise that tastes great and now I'm going a little crazy with it-It's Dukes Mayonnaise, but watch they make several kinds and some are funky. Get the regular plain Dukes Mayo.

For the 1000 Island- I love this on any salads in the summer, that has seafood in it especially crab and shrimp.

So I just mix mayo (about 1 cup), Heinz sugar free catsup (about 1/4 - 1/3 cup)and Mt Olive sugar free relish (about 1/4-1/3 cup)together and it's so quick. I really don't measure, I just eyeball it.

But now I'm also making chipotle mayo, cilantro mayo, basil (or pesto)mayo and the options are limitless. It so quick and tasty to put some on any kind of meat or fish.

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### Post New Topic for: Easy, fast 1000 Island Dressing

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	Click <u>here</u> to show the most recent reply <u>Pour It On (Condiments,</u> <u>s and Dips)</u>   Thread: <b>creamy</b> <b>essing</b>	first. Send Topic To a Friend		
Author	Posting			
kaeribia	Posted - 23 June 2005 14:8 🤵 🍓			
I made a creamy dressing that has a kick and is simple Take about 1 tblsp of mayo and a dash of newman's own vinager and olive oil dressing. mix together and pour over a salad. It gives it a real cool kick. I like it. try it				
Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).				
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### Post New Topic for: creamy salad dressing

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	Click <u>here</u> to show tl <u>ur It On (Condiments,</u> <u>d Dips)</u>   Thread: <b>appology</b>	ne most recent reply fi	rst. <u>Send Topic To a Friend</u>
Author		Posting	
dheilman50	Posted - 22 June 2005 6:48	<b>a</b>	
	Sorry, I should have posted	this under "Stuffage a	nd Roughage. daaa!
	dheilman-Indy started 6/01/05 163/158		

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	Click <u>here</u> to show the most recent reply fir <u>Pour It On (Condiments,</u> and Dips)   Thread: <b>Lemon Dill</b> ise	st. Send Topic To a Friend
Author	Posting	
greytlove	Posted - 19 June 2005 11:9 👮 🚳	
	Hi, I'm new to Somersize and I only have the Fast & Eas wondering if anyone know the recipe for Suzanne's Le I'm cooking Steamed Asparagus tonight and would like	emon Dill Mayonnaise?
	Thanks	
	Dina	
	Click <u>here</u> to show the most recent reply fir Click <u>here</u> to close thread (administrators & moderators of	

### Post New Topic for: Lemon Dill Mayonnaise

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	<u>vips)</u>   Thread: Elaine's	Send Topic To a Friend				
Author	Post	ting				
wired_foxterror	Posted - 22 April 2004 16:25 🦉 🍓					
	1 Stick Butter ¾ Cup Grated Parmesan Cheese (the fresher the better) ¾ Cup Cream					
In saucepan on medium heat - melt butter and then add cheese cream. Stir gently until mixed, and then until cheese melts. Whe barely starts to boil, it's done. Sometimes I add a can of lump crab meat just before I pour it of my zucchini noodles.						
						This is the best ever - this is responsible for me landing my "squeeze" 15 years ago and he still begs for it!
	Losing-Losing-Gone!					
	Click <u>here</u> to show the most rec Click <u>here</u> to close thread (administrators					
	Show All Forums   B	ack				

### Post New Topic for: Elaine's Alfredo Sauce

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	Click <u>here</u> to show the most recent reply first. <u>It On (Condiments,</u> <u>Dips)</u>   Thread: <b>Olive</b> <u>Send Topic To a Friend</u> <u>Sing</u>			
Author	Posting			
GARNET2002	Posted - 16 April 2005 21:32 👰 🍓			
Does this sound good to anyone, I found it on the internet, Has a ate this at the resterant before? Or ever heard of it Olive Garden House Dressing				
	Mix all ingredients and chill 24 hrs. before serving.			
	GARNET2002			
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).			
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Post New Topic for: Olive Garden Dressing....

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Click <u>here</u> to show the most recent reply first. Forums   Pour It On (Condiments,					
	<u>Dips)</u>   Thread: <b>Shortcut</b>		Send Topic To a Friend		
Author		Posting			
GARNET2002	Posted - 5 June 2005 0:35	<b>a</b>			
	Hi all, I found this recipe, haven't might like it. It is a sauce t				
	Shortcut Sauce				
	<ul><li>1/4 cup (1/2 stick) butter</li><li>2 egg yolks</li><li>2 teas. lemon juice</li><li>1/2 teas. dried tarragon</li><li>1/8 teas. salt</li></ul>				
	In a small micro. safe bowl until melted. In a small bow and salt until thick. Slowly until well combined. Micro. stirring the sauce every 20	wl beat the egg yolks, I pour the melted butter uncovered at 40% pow	emon juice, tarragon, , whisking constantly		
	Pour over grilled favorites, veggies, eggs, seafood dishes.				
	GARNET2002				
		ne most recent reply fir administrators & moderators o			
	Show All	Forums   Back			

Post New Topic for: Shortcut Sauce....

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Author	Posting				
Scott on Maui	Posted - 16 May 2005 12:33 🤵 🍓				
	Here's a great recipe for a merinade or stir-fry sauce:				
	<ol> <li>24oz Bottle Huli-Huli Sauce or low sodium soy sauce.</li> <li>3 cloves garlicsmashed.</li> <li>1 piece fresh ginger approx 2-3 inches long, sliced into thin strips.</li> <li>Sweetner to taste.</li> </ol>				
	Pour the Huli Sauce into a large bowl and add the smashed garlic, ginger, sweetner.				
	Let sit overnight in the fridge, then strain the liquid back into the bottle.				
	Discard the remains of the garlic and ginger.				
	This makes a WONDERFUL stir-fry sauce or merinadedirect from Lahaina Maui.				
	Aloha!!				
	Scott on Maui 254/239/200				
	Click here to show the most recent reply first. Click here to close thread (administrators & moderators only).				
	Show All Forums   Back				

### Post New Topic for: Maui Style Huli-Huli Sauce

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Click <u>here</u> to show the most recent reply first. <u>Forums   Pour It On (Condiments.</u> <u>Dressings and Dips)</u>   Thread: <b>Simple</b> <u>Send Topic To a Frier</u> <b>marinade</b>					
Author		Posting			
JCnmyheart	Posted - 31 May 2004 10:16 🦉	<b>a</b>			
	This is so basic yet we use it contantly!!				
	Sprinkle steak or chicken liberally with garlic powder (not salt) I mean we use a ton of it!!				
	Next pour soy sauce over the top of the meat After it sits a bit I lift the meat and make sure the soy sauce got under it too. I prefer to pound the chicken breast thinly so they absorb this better. We also do this with sliced (1 to 1 1/2 inch thick trip tip) I buy the tri tip roast and cut to our likings:)				
	JCnmyheart <><				
		ne most recent reply fin administrators & moderators of			

### Post New Topic for: Simple marinade

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Dressing:	Pour It On (Condiments and Dips)   Thread: Tai Dressing				Send Topic To a Friend
Author				Posting	
momof7	Posted - 24 May 2005 12:49	Ş	ð		

1 1/2 cups plus 2 tablespoons mayonnaise
6 tablespoons plus 1 teaspoon sugar (use artificial sweetener eqivilent)
3 tablespoons plus 1/2 teaspoon wine vinegar (optional)
1/2 to 3/4 cup oil
1/3 teaspoon each of garlic, onion, mustard and celery powers
Dash of black pepper
1 tablespoon plus 2 teaspoons of lemon juice (optional)
1 tablespoon plus 2 teaspoons cream
1/2 teaspoon salt

Blend together mayonnaise, sugar, vinegar, and oil. Add spice powders, pepper, lemon juice, half and half and salt. Stir until smooth. Dressing keeps well, covered tightly in the refrigerator for several days. Makes 1 quart dressing.

Lori 235/203/200

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### Post New Topic for: Tangy Coleslaw Dressing

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	Click <u>here</u> to show the most recent reply first.  Pour It On (Condiments, and Dips)   Thread: Bacon Send Topic To a Friend ip
Author	Posting
matantej	Posted - 24 April 2005 7:25 🖉 🚳
	Bacon Cheese Dip 1 cup Monterey Jack cheese, shredded 1 cup cheddar cheese, shredded 2 cloves garlic, minced 1/4 cup green onions, chopped 3 oz. real bacon bits 1 cup sour cream Combine cheeses, garlic, onions, bacon bits and sour cream, mix well and place mixture in bread shell (greased dish). Bake at 350 degrees for 45 minutes. Serve with veggies and cheese chips
	started over again 1-1-05 286/270/?
	Click here to show the most recent reply first. Click here to close thread (administrators & moderators only).

### Post New Topic for: Bacon Cheese Dip

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Click here to show the most recent reply first.							
Forums   Pour It On (C Dressings and Dips)   1 Hot Bean Sauce, Hot	Send Topic To a Friend						
Author			Posting				
Leah Marie	Posted - 19 May 2005 8:33	Ş	Q				

Are these legal? TIA :)

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Post New Topic for: Szechuan Hot Bean Sauce, Hot Chili Oil...

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	Click <u>here</u> to show the most recent reply first. <u>Pour It On (Condiments,</u> <u>and Dips)</u>   Thread: <b>restaurant</b> <u>Send Topic To a Frie</u> L1	<u>end</u>	
Author	Posting		
Twiggy88	Posted - 9 May 2005 6:51 👳 🍓		
	Hi, At a restaurant with no legal dressing, ask for 2 Tbsp mayo mixed with 2Tbsp water and spices. Makes a quick, in-a-pinch, L1 dressing.		

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### Post New Topic for: restaurant dressing L1

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Dressing's a	Click <u>here</u> to show the most recent reply first. <u>our It On (Condiments,</u> <u>and Dips)</u>   <u>Send Topic To a Friend</u> <b>otember's Easy Cheese Sauce</b>
Author	Posting
September	Posted - 11 May 2005 20:3 🤵 🍓
	1/4 stick of butter 1 cup heavy cream 1 1/2 cups cheddar cheese, shredded dash of Cayenne dash of garlic powder salt pepper
	In a medium saucepan, over medium heat, melt the butter. Stirring continuously, add the cream. Continue cooking the cream until it is reduced by about half. (This takes about 3-5 minutes)/. Do not stop stirring or it will burn! Once the cream is reduced, add the cheese, a handful at a time, stirring and blending it in completely with each addition. Add the spices and cook for a couple minutes longer.
	This sauce is fabulous over vegetables, as well as over chicken grilled with the Southwest rub.
	~September~ 274/180/160ish start date: August 1, 2001 Cheat? Why? I already eat the best food in the world!!
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).
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### Post New Topic for: September's Easy Cheese Sauce

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	Click <u>here</u> to show the most recent reply first. Pour It On (Condiments,
Dressing GARLIC	<u>s and Dips)</u>   Thread: I LOVE <u>Send Topic To a Friend</u> Mayo
Author	Posting
Cosmo Curves	Posted - 28 April 2005 11:9 🖉 🍇
	I LOVE GARLIC Mayo
	Easy - Level One 1 cup Hellmann's/Best Food's Mayo 2 cloves garlic (pressed) salt & Pepper to taste
	Put mayo in a bowl, press garlic into mayo, add salt & pepper. Mix all ingedients well.
	You can make this ahead of time for a stronger garlic flavor or use it right away (Still tast garlic). This was so delish, I could not stopI started dipping everything I could find into it.
	This is so versatille, you could use it to dip anything in it. Last night I used it to dip my brussel sprouts and over-cooked pork chops in. I have also spread this on fish and then grilled it.
	Enjoy!
	Cosmo Curves Started 3/1/05 219/197/150
	Edited by - Cosmo Curves on 4/28/2005 1:56:50 PM
	Click here to show the most recent reply first. Click here to close thread (administrators & moderators only).
	Show All Forums   Back

### Post New Topic for: I LOVE GARLIC Mayo

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Dressing	Click <u>here</u> to show the most recent reply first.   <u>Pour It On (Condiments,</u> <u>is and Dips)</u>   Thread: <b>Japanese</b> <u>Send Topic To a Friend</u> <b>Duse White Sauce</b>
Author	Posting
tkg33	Posted - 27 April 2005 7:43 👷 🍓
	I'm looking for a recipe for the white sauce you get at Japanese restuarantsif I had to guess I would say mayohorseradishand some other thingsHELP!
	Waiting for the Melt!
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).

### Post New Topic for: Japanese Steakhouse White Sauce

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Dressing	Click <u>here</u> to show the most recent reply first.   <u>Pour It On (Condiments,</u> <u>gs and Dips)</u>   Thread: <b>The</b> <u>Send Topic To a Friend</u> <b>" Slam of 1000 I slands</b>
Author	Posting
karma	Posted - 4 October 2003 20:45 👷 🍓
	<ul> <li>1 1/2 cup mayonnaise</li> <li>2 Tbsp tomato paste</li> <li>2 Tbsp minced dill pickles (I use the kind in the jar)</li> <li>dash Worchestershire sauce</li> <li>1 Tbsp vinegar</li> <li>2 pkts sweetener</li> <li>I whip the tomato sauce with the mayonnaise, then add the other ingredients. Letting it sit in the fridge overnight really lets the flavors melt together. This is the best 1000 Island I've tasted and I hope you enjoy it.</li> </ul>
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).

### Post New Topic for: The "Grand" Slam of 1000 Islands

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Red Pepper	Dressing		
Author		Postir	ng
sharonm516	Posted - 9 April 2005 8:9	g 🚳	
	3		neasured it out until last night to put here. I hope you enjoy!!
	watch the ingredients) 1/2 c. olive oil (I like	rs, whole (you ca	n use the jarred roasted ones, bu nore flavor, but its your
	preference) 1/4 c. red wine vinega	ar	
	2 large cloves of garlie		ed
	1 tsp. oinion powder ( 1/4 tsp. curry powder		
	1/4 tsp salt (or to tast	te)	
	dash of black pepper (	(or to taste)	
	usually do this on the the grill and turning th inside you can use you dont char all the way Once the peppers are should just fall off, coo out seeds inside. Ther into blender. Add onio and pulse until almost blend until well mixed.	grill outside by p nem until the skir ar oven on broil through. roasted let them of slightly. Cut the chunk pepper an n powder, curry, smooth and sligh. Place mixture of	rou will need to roast them. I lacing them on the hottest area of is charred. If you are doing this just keep an eye on them so the cool and peel off the outer skin ( e skinned pepper in half and clear nd place into blender. Add garlic salt and pepper. Cover blender ntly pastey. Then add vinegar and n lowest setting of blender and s to blend to emulsify the dressing
	mixes) and use as nee	eded.	use for the funky Italian dressing or any other variations you have
	234/230/just the begin	nning of a wonde	rful journey
		how the most rec	
	Sho	w All Forums   B	ack

### Post New Topic for: Roasted Red Pepper Dressing

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Click <u>here</u> to show the most recent reply first. Forums   Pour It On (Condiments,		
	is and Dips)   Thread: Beau Send Topic To a Friend	
Author	Posting	
Looster	Posted - 1 April 2005 7:0 🖉 🍓	
	I put this on everything from eggs to chicken wings/hamb. to saladsvery simple	
	equal parts of mayo and sour cream dill weedI don't measure just shake beau monde (from spice island)more shaking	
	my kids (well, they are all grown now) love it with fresh cucumbers and other veggies	
	mary lou 240/198/153	
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).	

#### Post New Topic for: Beau Monde Dip

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Click <u>here</u> to show the most recent reply first. <u>Forums   Pour It On (Condiments.</u> <u>Dressings and Dips)</u>   Thread: <b>Blu Cheese</b> <u>Send Topic To a Friend</u> <b>Dip/Dressing</b>			
Author	Posting		
phoffer	Posted - 31 March 2005 9:58 🖉 🚳		
	1/3 Cup Mayonaise 1/3 Cup sour cream ( Daisy) 4 to 6 oz. blue cheese		
	Crumble blue cheese and mix all well, chill for a few hours in fridg.		
	Patricia Hoffer		
	Click <u>here</u> to show the most recent reply fir Click <u>here</u> to close thread (administrators & moderators o		
	Show All Forums   Back		

#### Post New Topic for: Blu Cheese Dip/Dressing

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	Click <u>here</u> to show the most recent reply firs <u>Pour It On (Condiments,</u> <u>and Dips)</u>   Thread: <b>Zucchini</b>	st. <u>Send Topic To a Friend</u>
Author	Posting	
matantej	Posted - 31 March 2005 3:59 🦉 🍓	
	This looks good and thought I would share. Janet	
	Appetizer: Zucchini Spread	
	<ul> <li>3 cups zucchini shredded</li> <li>2 cloves garlic, minced</li> <li>2 Tbsp. olive oil</li> <li>2 Tbsp. lemon juice</li> <li>4 Tbsp. fresh cilantro chopped</li> <li>8 oz. cream cheese softened</li> <li>salt and pepper to taste</li> </ul>	
	Combine all ingredients in a food processor and blend v 1 hour before serving. Serve with cheese crackers, or f	
	started over again 1-1-05 286/271/?	
	Edited by - matantej on 3/31/2005 4:00:50 AM	
	Click <u>here</u> to show the most recent reply firs Click <u>here</u> to close thread (administrators & moderators on	
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### Post New Topic for: Zucchini spread

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	Click here to show the most recent reply first.Pour It On (Condiments, s and Dips)   Thread: JalapenoSend Topic To a Friend
Author	Posting
Deb K	Posted - 30 March 2005 6:59 🖉 🍓
	Haven't tried it yet, but it sounds yummy. Would be good with jicama to dip!
	JALAPENO DIP
	4 boneless, skinless chicken breasts
	3 teaspoons garlic powder or to taste
	1 teaspoon salt
	1 teaspoon pepper 2 tablespoons olive oil
	2 8-ounce packages cream cheese, softened
	1/2 cup cream
	1/2 cup mayonnaise
	1/2 cup minced red bell pepper
	4 tablespoons minced jalapeno pepper
	2 tablespoons lemon juice
	1 1/2 teaspoons salt
	1 1/2 teaspoons Tabasco sauce
	Preheat oven to 350 degrees. Season chicken breasts with garlic powder, salt

Preheat oven to 350 degrees. Season chicken breasts with garlic powder, salt and pepper. Sauté chicken in olive oil in 12-inch skillet over medium heat for 5 minutes. Cut breasts into thirds and continue cooking until chicken is cooked through but not overcooked. Transfer chicken pieces to cutting board and finely chop.

Combine remaining ingredients in medium bowl; mix well. Add chicken; stir until completely blended. Transfer to greased 8-inch-square ovenproof pan. Bake until mixture is hot and bubbly, about 20 minutes.

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#### Post New Topic for: Jalapeno Dip

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	Click <u>here</u> to show the most recent reply fin <u>Pour It On (Condiments,</u> <u>and Dips)</u>   Thread: <b>Spicy</b> <b>e Dip</b>	rst. <u>Send Topic To a Friend</u>
Author	Posting	
matantej	Posted - 12 March 2005 6:36 🖉 🚳	
	Appetizer: Spicy Vegetable Dip	
	8 oz. cream cheese, softened	
	8 oz. sour cream	
	1 clove garlic, minced 1/2 cup sharp cheddar cheese, grated	
	2 Tbsp. green onions, chopped	
	1 jalapeno pepper, seeded and diced	
	1/2 tsp. Tabasco sauce	
	1 tsp. ground cumin	
	Combine all ingredients together in a small bowl. Chill before serving with raw vegetables or crackers.	for several hours
	http://www.arcamax.com/cgi-bin/news/story/1006/10	29/22817/176673

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#### Post New Topic for: Spicy Vegetable Dip

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Click <u>here</u> to show the most recent reply first.				
Forums   Pour It On (Condiments,				
Dressings an	<u>d Dips)</u>   Thread: <b>Legal</b>		Send Topic To a Friend	
Guacamole				
Author		Posting		
PinkPenguin	Posted - 9 March 2005 10:27 👮	<b>a</b>		
	Thought this would be could to	o repost now that asp	aragus is so plentiful!!	
	I was in the mood for some g			
	I'm not sure of the exact mea	2	xed all together to	
	taste. Feel free to experiment	!		
	1 Bunch of Asparagus			
	1 Tbsp. Lime Juice			
	1/4 C salsa			
	1 crushed garlic clove			
	1/2 jalapeno chopped			
	Boil asparagus until soft (abou	it 10 minutes). Place a	asparagus into food	

processor and process until smooth. Add remaining ingredients and puree until smooth.

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#### Post New Topic for: Legal Guacamole

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Click here to show the most recent reply first. Forums | Pour It On (Condiments, Dressings and Dips) | Thread: red colored Send Topic To a Friend salad dressing Author cubbiegal Posted - 9 March 2005 5:6 g Q This is a salad dressing we enjoy from a local restaurant, very easy to SS. It is very yummy. 1 c. oil 1 c. catsup (legal) 1/4 c. sugar substitute 1/4 c. vinegar 1/4 c. water 1 t. garlic powder 1/2 t. black pepper 1 t. salt Mix all ingrdients in a quart bottle or blender. Shake well and refrigerate. Enjoy!! ~Cubbie~ gerate.

> Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).

#### Post New Topic for: red colored salad dressing

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Click <u>here</u> to show the most recent reply first. <u>Forums   Pour It On (Condiments.</u> <u>Dressings and Dips)</u>   Thread: <b>Southwest</b> <u>Send Topic To a Friend</u> <b>Dressing</b>			
Author		Posting	
sockim123	Posted - 14 February 2005 12:47	3	
	This is a wonderful creamy dressi Excellent over spring salad mix.	ng with a southwes	t flavor. Not too spicy.
	Southwest Dressing 1 1/2 C. mayo 2/3 C. picante salsa 2 limes - juice 1/2 t. cumin 1/2 t. chili powder 1/2 bunch cilantro, chopped		
	Combine ingredients night before	serving, refrigerate	
	Click here to show the n	nect recent reply fir	ct

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#### Post New Topic for: Southwest Dressing

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Click here to show the most recent reply first.         Forums   Pour It On (Condiments,         Dressings and Dips)   Thread: *** Tartar       Send Topic To a Friend         sauce		
Author	Posting	
Twiggy88	Posted - 23 February 2005 14:25 🦉 🝓	
	Tartar Sauce	
	1 cup Mayo 1/4 cup diced onion 1/4 cup dill relish 1 Tbsp. lemon juice	
	Combine all ingredients and refrigerate until needed.	
	*** twiggy88	
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Post New Topic for: *** Tartar sauce

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Click <u>here</u> to show the most recent reply first. <u>Forums   Pour It On (Condiments.</u> <u>Dressings and Dips)</u>   Thread: <b>BBQ Sauce</b> <u>Send Topic To a Friend</u> <b>Recipe</b>		
Author	Posting	
mizztucker	Posted - 18 April 2004 16:7 🤵 🍓	
	Does anyone have one? I tried Jean's suggestion of SF pancake syrup.	using tomato paste and
	Anyone else? Many thanks!!!	
	Click <u>here</u> to show the most recent reply find Click <u>here</u> to close thread (administrators & moderators of the second s	
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#### Post New Topic for: BBQ Sauce Recipe

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	Click <u>here</u> to show the most recent reply fir   <u>Pour It On (Condiments,</u> gs and Dips)   Thread: <b>Chipolte</b> Sauce	rst. <u>Send Topic To a Friend</u>
Author	Posting	
phoffer	Posted - 11 November 2003 12:22 🦉 🍓	
	12 Dried Chipolte Chiles 1 tsp shallot minced 1/2 tsp garlic minced 1 stick unsalted butter 1/2- 1 C dry white wine 2 C heavy cream 1/2 C onion diced 1/2 tsp cornstarch in 2 tsp water-OMIT 1 TB fresh rosemary minced 1 1/4 fresh ground pepper or more Bring large pot of water to a boil add chiles and boil until tender, about 15 minutes. Drain, reserving 1/4 C cooking liquid. Puree chiles with 1/4 C cooking liquid in blender Strain through sieve. Set aside. Melt butter in heavy large skillet over med heat. Add 1 TB chipolte paste, onion, rosemary, peppe, shallot and garlic and stir 2 minutes. Add wine and boil until reduced by half. Add cream and boil until reduced to thin sauce by half. Add cream and boil until reduced to thi sauce consistency, stirring occasionally, about 10 more chipolte paste if desired. This can be prepared 1 day ahead, Cool completely and cover place in frig. rewarm before using. Note: Can someone let me know what to use in place of the cornstartch!!! Thanks r	minutes. Taste, adding
	Patricia Hoffer	

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#### Post New Topic for: Chipolte Cream Sauce

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	Click <u>here</u> to show the most recent reply first.   <u>Pour It On (Condiments,</u> <u>gs and Dips)</u>   Thread: <b>Easy as</b> <u>Send Topic To a Friend</u> <b>ro dip</b>
Author	Posting
karma	Posted - 16 March 2004 17:58 🖉 🍓
	1/4 cup mayonnaise 1/4 cup sour cream
	mix and refrigerate for a little bit. my grandmother got me loving this when i was 15-fifteen years before i'd even heard of somersizing. i absolutely love this with broccoli and cauliflour.
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).

#### Post New Topic for: Easy as one, two dip

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<u>Dressing</u>	Click <u>here</u> to show the most recent reply first.   <u>Pour It On (Condiments,</u> <u>is and Dips)</u>   <u>Send Topic To a Friend</u> Horseradish Dill Sauce
Author	Posting
Kisa 1	Posted - 17 February 2005 8:6 🖉 🍓
	Horseradish Dill Sauce
	This recipe was included in the container of Bellwether Farms Creme Fraice and it's wonderful. I've seen other posts using brand names, so hope it is ok to include here.
	Combine 1/2 cup Creme Fraice with 2 Tblsps horseradish and 3 Tblsp fresh chopped dill (dried isnt nearly as good as fresh)
	Refrigerate and use when ready. It makes an excellent accompaniment to any cooked fish or beef fillets or you can also use as a dip for veggies.
	Enjoy
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).
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#### Post New Topic for: Horseradish Dill Sauce

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	Click here to show the most recent reply first.         Forums   Pour It On (Condiments,         Dressings and Dips)   Thread: ketchup or         Send Topic To a Friend         catsup					
Author	Posting					
allo	Posted - 11 February 2005 11:38 🤵 🍓					
	I've lost the receipe for katchup and bbq sauce which was posted by Starlite (I think). It's soooo good. If anyone has it, please please please post it for me. thanks so much					
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).					
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#### Post New Topic for: ketchup or catsup

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Forums   Pour It Dressings and Dig ranch dressing	Click <u>here</u> to show the most recent reply first. <u>On (Condiments,</u> <u>os)</u>   Thread: <b>suzannes</b> , <u>Send Topic To a Friend</u>
Author	Posting
loveTOsomersize	Posted - 2 February 2005 22:45 🖉 🍓
	I have a few packages of suzanne's ranch dressing mix's but id like to make it without any fatfor my sandwiches
	what would you suggest???
	Thanks
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).
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#### Post New Topic for: suzannes, ranch dressing

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	our It On (Condiments, and Dips)   Thread: <b>Jimmac's</b>	e most recent reply fir	rst. <u>Send Topic To a Friend</u>
Author		Posting	
jimmac86	Posted - 28 January 2005 19:45	8	
	1 cup mayo 2 Tblsp Tomatoe Paste 3 Tblsp Cider Vinegar 2 Packets of Splends 2 Tblsp Paprika Pepper Dried Parsley Flakes Heavy Cream to thin		
	Mix all ingredients together and thin with cream to the consistency you want. These measurements are just guesses. I do not messure with this, just mix and taste. I use this to wet my lettuce for taco salads before adding all my fixings. It has a nice sweet-n-sour taste.		

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#### Post New Topic for: Jimmac's French Dressing

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	Click here to show the most recent reply first.         rums   Pour It On (Condiments,       Send Topic To a Friend         essings and Dips)   Thread: poppyseed       Send Topic To a Friend         essing       Send Topic To a Friend				
Author	Posting				
lady61	Posted - 17 January 2005 9:5 🦉 🍓				
	does anyone have a poppyseed dressing recipe? Also can we use any oil in dressings? Please help I miss my poppyseed dressing greatly!!!				
	lady61				
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).				
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#### Post New Topic for: poppyseed dressing

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	Click <u>here</u> to show the most recent reply first. <u>orums   Pour It On (Condiments,</u> <u>ressings and Dips)</u>   Thread: <b>sauces you</b> <u>Send Topic To a Friend</u> educe				
Author	Posting				
lady61	Posted - 19 January 2005 8:5 🤵 🍓				
	I have trouble knowing how to do sauces. The ones where you reduce down after cooking a meat. Can anyone give me a quick lesson in this or some tips Will greatly appreciat it. Thanks in advance				
	lady61				
	Click <u>here</u> to show the most recent reply first. Click <u>here</u> to close thread (administrators & moderators only).				
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#### Post New Topic for: sauces you reduce

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	Click here to show the most recent reply first.					
Dressing	<u>Pour It On (Condiments,</u> <u>is and Dips)</u>   Thread: Quick Sauce for Meats, Fish, or			Send Topic To a Friend		
Author			Posting			
Erinn	Posted - 23 December 2004 9:22	2	<b>B</b>			

hi, all!

I've been SS for about 9 days now and I'm finding it is this sauce i make which has no eggs (i'm allergic) and no carbs which is making my meals taste great. You can add anything you like to it to flavor it specifically for your individual dinners like: herbs, sundried tomatoes, feta cheese, mushrooms from the can with a good shot of the mushroom juice - any flavor you like.

I like reduced flavorful sauces that are intense on my meats, fish, etc, and I like the extra poured over the mass of raw veggies on my plate. This looks complicated but it's a quick process. you are basically just melting everything and thicken the following in a sauce pan:

butter whipping cream cream cheese any kind of wine/vermouth onion powder salt and pepper (a bit of water if it gets too thick)

I'm not a measurer so i'll give approximations and directions if you need them, but it's so easy  $\ldots$ 

Set your heat on medium high and melt about 2 tablespoons of butter in a small sauce pan.

Add one tablespoon of cream cheese and a tablespoon of the wine or vermouth, and stir til all incorporated.

Add about 1/2 cup - 1/3 cup of whipping cream, about and a tablespoon of onion powder.

Bring to the boil for a few minutes, then reduce heat to medium so it doesn't all boil away too quickly.

Add any special flavors (if any) to the sauce ie: herbs, mushrooms and mushroom juice, a bit of tomato sauce, sundried tomatoes, any thing you think would be good, it's fun to experiment.

Let the sauce continue to cook until it's been reduced down to your desired thickness. Add enough salt and pepper to taste (i like a lot of both) pour over your meats and veggies if they aren't already mixed it.

It's like a great sauce you'd get in France. It has infinate ways to change the flavor. And it cooks very quickly - as quickly as any package mix with all the icky stuff in it.

I sometimes take my cooked chicken and let it saute in it while it's thickening. You could do the same with other vegetables, etc.

btw, if you reduced it down too much, feel free to add a bit of water to it and mix well :)

Started Somersizing 12-14-04 206/204/121 If you don't have a plan for yourself - someone else will have a plan for you..

Edited by - Erinn on 12/23/2004 9:27:44 AM

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### Post New Topic for: Quick Delish Sauce for Meats, Fish, or Veggies

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Click <u>here</u> to show the most recent reply first. Forums   Pour It On (Condiments,					
Dressings and D Cranberry Sauce	<u>lips)</u>   Thread: <b>Easiest</b> c <b>e∕Relish</b>		Send Topic To a Friend		
Author		Posting			
wired_foxterror	Posted - 14 November 2004 8:46	Ø 🖏			
	Easiest Cranberry Sauce/Reli	sh			
	1 12 oz package cranberries 1/2 c sugar equivalent 1 cup orange juice				
	Combine sugar and orange juice in a saucepan. Bring to a boil, add cranberries and gently boil 10 to 15 minutes. Pour into serving dish and cool overnight in the refigerator.				
	This recipe can easily be doubled - just be sure to use a larger sau pan as the berries pop and the red stains!!!!!!				
	A good friend of mine CANNO recipe last year so she could She made it herself, called m called me in tears the next n her make another quick batc quickly and then put it in the Her family was incredulous the try it and amazed that it was family holiday including birth	contribute somethine ecstatic as it "canorning as she had h, put it in the free e fridge to set til sh hat she had brough s so good. They no	ing to the family meal. ame out perfect", then leaten it all!!!! I had ezer to cool it down he left for her Mom's. ht anything, afraid to w have turkey for every		
	wired fox terror				
	wiredfoxterror				
	Losing-Losing-Gone!				
	Click <u>here</u> to show the n Click <u>here</u> to close thread (admir				
	Show All Foru	<u>ums   Back</u>			

### Post New Topic for: Easiest Cranberry Sauce/Relish

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	Click <u>here</u> to show the r <u>t On (Condiments,</u> pips)   Thread: <b>Red Pepper</b>	nost	recent r	eply fir	st. <u>Send Topic To a Friend</u>
Author		P	osting		
wired_foxterror	Posted - 21 December 2004 15:24	×.	Q		
	<ul><li>6 large sweet red peppers</li><li>2 Tbsp salt</li><li>1 cup cider vinegar</li><li>2 cups sugar substitute</li><li>red food coloring</li></ul>				

Seed the peppers & grind them coarsely in food processor. Put the peppers in a large bowl, add the salt, cover and let stand overnight. Drain off about half of the liquid, pout the peppers into a heavy saucepan and add the vinegar & sugar substitute. Bring to a boil, reduce heat and simmer for about 1 hour, stirring occasionally. Remove from heat and add the red food coloring a few drops at a time to make the jam a bright red. Cool slightly, stirring occasionally, and spoon into sterilized jars. Store in a cool, dark place and refrigerate after opening.

wiredfoxterror

Losing-Losing-Gone!

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### Post New Topic for: Red Pepper Jam

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	Click <u>here</u> to show the most recent reply first. <u>Forums   Pour It On (Condiments,</u> <u>Dressings and Dips)</u>   Thread: <b>Heinz Like?</b> <u>Send Topic To a Friend</u>				
Author	Posting				
SizzLynn3	Posted - 25 September 2004 19:34 🤵 🍓				
	<ul> <li>Heinz-like Ketchup – from Chuck Dudek</li> <li>12 oz. tomato paste</li> <li>12 oz. water</li> <li>6 oz. vinegar</li> <li>Legal Sweetener (The original recipe called for 10 Equal tablets or 5 packets)</li> <li>1 teaspoon onion powder</li> <li>1 tablespoon salt</li> <li>(optional) pinch of cloves, cumin, other spices you might like</li> <li>Dissolve Equal tablets in water then add remaining ingredients. Blend until combined.</li> <li>54 grams in entire recipe. 1 gram per tablespoon (about 1/4 Heinz)</li> <li>If you've been wanting something like Open Pit or Heinz BBQ sauce, this ain't it, but it's</li> <li>I haven't tried this recipe but it looks good</li> </ul>				

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#### Post New Topic for: Heinz Like?

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Click here to show the most recent reply first.         Forums   Pour It On (Condiments,         Dressings and Dips)   Thread: Jalapeno         Send Topic To a Friend         Pepper Jelly					
Author		P	osting		
wired_foxterror	Posted - 21 December 2004 15:29	Ş	0		
	Jalapeno Pepper Jelly				
	4 large green peppers				
	14 medium jalapeno peppers				
	1/2 cup fresh lemon juice 1 cup cider vinegar				
	6 cups sugar substitute				
	6 ozs liquid pectin				
	green food coloring				
	Seed and grind the peppers in the food processor. Combine with lemon juice, vinegar and sugar substitute in a heavy 4 qt saucepan. Bring to a rolling boil and boil, stirring constantly, for about 15 minutes. Add the pectin and boil for 3 to 5 minutes more. Remove from the heat and add the green food coloring a few drops at a time to make the jelly a bright green. Cool slightly, stirring occasionally, and spoon into sterilized jars. Seal immediately and store in a cool dark place. Refrigerate after opening.				
	wiredfoxterror				
	Losing-Losing-Gone!				

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### Post New Topic for: Jalapeno Pepper Jelly

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Dressing's and	Click here to show the most recent reply first.         Forums   Pour It On (Condiments,         Dressings and Dips)   Thread: Ham & Sour         Send Topic To a Friend         Cream Sandwich Spread				
Author	Posting				
Author phoffer	Posted - 22 December 2004 8:4  Posted - 22 December 2004 8:4				
	Patricia Hoffer Click here to show the most recent reply first. Click here to close thread (administrators & moderators only). Show All Forums   Back				

Post New Topic for: Ham & Sour Cream Sandwich Spread

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	Pour It On (Condiments, s and Dips)   Thread: mushroo pes	m		Send Topic To a Friend	
Author			Posting		
Nutmeg	Posted - 17 September 2004 12:57	Ş	<b>A</b>		

Hi All!! Since Suzanne is coming out with the new mushroom rubs, I was wondering if any of you wonderful chefs out there have designed your own mushroom rub recipes? I like to make stuff from scratch if at all possible, but I haven't been able to locate any mushroom rub recipes. Can anyone help?

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### Post New Topic for: mushroom rub recipes

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Dip Author	Posting	
phoffer	Posted - 5 November 2004 9:0 👮 🍓	
	<ul> <li>1 8 Oz. package cream cheese softened</li> <li>1/2 c sour cream</li> <li>1/4 tsp dried basil, crushed</li> <li>1/4 tsp garlic powder</li> <li>1/2 c pizza sauce</li> <li>1/4 c pepperoni, chopped</li> <li>1/4 c onions, chopped</li> <li>1/4 c green peppers, chopped</li> <li>1 c mozzarella cheese, shredded</li> <li>Preheat oven to 350 degrees</li> <li>mix together the cream cheese, sour cream</li> <li>basil and garlic powder,spread the mixture</li> <li>into a 9 inch pie plated. Pour the pizza</li> <li>sauce on top of the cheese mixture. Top</li> <li>with the pepperoni, onions and green peppers</li> <li>Bake for 10 minutes remove and sprinkle with</li> <li>the mozzarella cheese is melted.</li> <li>Serve with veggies, tastes fabulous with</li> <li>zucchini. Note* you could probably use</li> <li>some oregano with the basil if you want.</li> <li>Enjoy!!!</li> </ul>	

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### Post New Topic for: Hot Pizza Dip

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Click here to show the most recent reply first.Forums   Pour It On (Condiments, Dressings and Dips)   Thread: Starlite'sSend Topic To a FriendHoney MustardSend Topic To a Friend				
Author	Posting			
beebee1	Posted - 18 February 2004 7:41 🤵 🍓			
	I would like a copy of Starlite's honey mustard recipe. Thanks.			
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### Post New Topic for: Starlite's Honey Mustard

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Dressings	Click <u>here</u> to show the <u>Pour It On (Condiments,</u> <u>s and Dips)</u>   Thread: <b>Honey</b> <b>Dressing</b>	most recent reply first. Send Topic To a Friend
Author		Posting
Fricke	Posted - 9 April 2004 10:37 👮 🚳	
	Honey Mustard Dressing 3/4 cup Hellmans mayonnaise 3 tablespoons honey (sugar free) 3 tablespoons prepared mustard 1 tablespoon lemon juice Salt and freshly ground pepper to Combine ingredients in small bowl Keep refrigerated.	taste and whisk together until blended well.
	Click here to show the	most recent reply first.

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### Post New Topic for: Honey Mustard Dressing

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Click here       to show the most recent reply first.         Forums   Pour It On (Condiments.         Dressings and Dips)   Thread: anti         Send Topic To a Friender         vampire dip					
Author	Posting				
Nanarb58	Posted - 17 November 2004 17:49 🖉 🍓				
	Roasted Garlic & Broccoli Cheese Spread Serving Size : 10 2 2/3 tablespoons Roasted garlic 1/2 pound Broccoli florets and stems 8 ounces Cream cheese 2 teaspoons Chives SOURCE: The Garlic Cookbook by David DiResta,				
	Remove skin or squeeze soft garlic from roasted cloves and set aside. Cook broccoli in a steamer for 3 to 4 minutes, or until bright green. Set aside and allow to cool. Combine broccoli, garlic, cream cheese and chives in a food processor. Process until mixture is smooth. Remove from food processor and chill for 2 1/2 hours. Roasted garlic adds terrific flavor to this spread without any added fat. This is a good dip for a party served with crackers or fresh veggies.				
	As Dory says"just keep on swimming,swimming,swimming!"				
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#### Post New Topic for: anti vampire dip

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Click <u>here</u> to show the most recent reply first. <u>Forums   Pour It On (Condiments.</u> <u>Dressings and Dips)</u>   Thread: <b>Spinach &amp;</b> <u>Send Topic To a Friend</u> <u>Artichoke Dip, Legal?</u>				
Author			Posting	
Cinderella1124	Posted - 16 November 2004 7:12	Ş	à	

I make this wonderful spinach and artichoke dip and I just wanted to make sure it was legal. All it is is chopped spinach, chopped artichokes (from a jar with oil), mozzarella cheese (full fat), cream cheese(full fat), mayo (full fat) and pepper. SOmetimes I put it on top of chicken. Is this legal? Please tell me it is, its too good to give up.

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### Post New Topic for: Spinach & Artichoke Dip, Legal?

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Author	Posting		
Nanarb58	Posted - 13 November 2004 6:52 👮 🍓		
	This recipe is so quick and easy to make-it is delicion caviar and substituted heavy cream for the milk)Enj		
	DOUBLE-SALMON DIP		
	Be sure to use the whipped cream cheese sold in tu smooth, light texture—and not the regular cream ch dip seems a little salty, just serve it with unsalted cl	neese in blocks. If the	
	<ul> <li>2 8-ounce containers whipped cream cheese</li> <li>3 tablespoons whole milk (heavy cream)</li> <li>4 ounces thinly sliced smoked salmon, cut into 1/2-inch pieces</li> <li>2 tablespoons chopped fresh chives</li> <li>1 2-ounce jar red salmon caviar</li> </ul>		
	Using rubber spatula, mash whipped cream cheese to blend. Fold in salmon and 1 tablespoon chives. S taste. Gently fold in caviar. Cover and refrigerate 2 (Can be made 1 day ahead. Keep refrigerated.) Spr 1 tablespoon chives. Serve dip chilled.	eason with pepper to hours to blend flavors.	
	Makes about 3 cups. Bon Appétit March 2001		
	Epicurious.com © CondéNet, Inc. All rights reserved	l.	
	advertisement:		
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 $http://legacy.suzannesomers.com/...e+Salmon+Dip&forum_id=110&forum_title=Pour+It+On+\%28Condiments\%2C+Dressings+and+Dips\%29[9/8/14, 10:30:24~AM]$ 

### Post New Topic for: Double Salmon Dip

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	Click <u>here</u> to show the most recent reply first. Pour It On (Condiments, and Dips)   Thread: salt and <u>Send Topic To a Friend</u> m rubs		
Author	Posting		
klombas1	Posted - 26 October 2004 6:44 🖉 🍓		
	Does anyone have some receipts for salt rubs or mushroom rubs that I can make myself? Thank you for your help. Klombas		

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### Post New Topic for: salt and mushroom rubs

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Click <u>here</u> to show the most recent reply first. <u>Forums   Pour It On (Condiments.</u> <u>Dressings and Dips)</u>   <u>Send Topic To a Friend</u> Thread: WESTERN/CATALINA DRESSING			
Author	Posting		
Nan48601	Posted - 13 October 2004 18:52 🦉 🍓		
	This recipe was posted on the SS site a couple of years or so ago by Marie 172 :		
1 Tablespoon fresh minced onion 1/4 cup white vinegar 1 1/4 Tablespoons tomato paste 1/2 teaspoon salt			
	<ul> <li>1/4 teaspoon pepper</li> <li>1 Tablespoon somersweet(1/2 cup sugar equiv.)</li> <li>1/2 teaspoon paprika</li> <li>1/2 teaspoon dry mustard</li> </ul>		
	1/2 cup vegetable oil Put all ingredients in blender except oil. Blend for three minutes. Gradually add oil and blend three to five min. more. *note* for more Western dressing use more sweetener, and for more Catalina use less		
	Click here to show the most recent reply first.		

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#### Post New Topic for: WESTERN/CATALINA DRESSING

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o Do B	<u>s and Dips)</u>   Thread: What NOT 3Q Sauce Recipe	Send Topic To a Friend	
Author rozH20	Posted - 28 August 2004 8:52 🤵 🍯	Posting	
	Ok, So I read the other post on adding SF pancake syrup to sf ke and a huge light bulb shining ove Ketchup and Suzannes "BBQ Sal	"BBQ sauce Recipe" and saw a suggestion of etchup. Being in a very experimenting mood, er my dimly lit blonde head, I thought "SF t Rub" Would that work" Soooo, I ran to ing for a good, easy, effortless and lazy bbq	
	Eagerly anticipating my new creation I took out a piece of cooked chicken and slapped some on. My mouth watered. The corners of my mouth curled upward into a big smile as I slowly opened my mouth and took a big bite. The light bulb that was burning so brightly over my head went "Poof" and dissappeared. One eye started to twitch and I am almost sure several very treasured brain cells must have died.		
	Why couldn't someone have rem Suzannes "BBQ Salt Rub" was S/	inded me that the main ingredient in ALT!.	
	The delicate flavor of the ketchup The ketchup only enhanced the f	o was not hightened by the flavor of bbq. lavor of the salt.	
	Do not try this at home unless ye water.	ou swim in the ocean and can breath under	
	However, I do recommend the saketchup.	alt rub on beef or chicken Just not with	
		e most recent reply first. Iministrators & moderators only).	
	Show All F	orums   Back	

Post New Topic for: What NOT To Do BBQ Sauce Recipe...

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	<u>ur It On (Condiments,</u> nd Dips)   Thread: <b>B-BQue</b>		Send Topic To a Friend
Author		Posting	
lbsGottaGo	Posted - 9 October 2004 13:48	ି ଅ	
	Help!! I lost my recipe for B-Bque sauce that I got off the boards 1 month ago. I remember it called for several packets of Splenda, onion, vinegar, tom. paste and I forget what else. Please helpI am out of sauce!		
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#### Post New Topic for: **B-BQue Sauce**

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Dressings a	Click <u>here</u> to show <u>bur It On (Condiments,</u> nd Dips)   Thread: <b>The Best</b> <b>Se Dressing</b>	the most recent reply fir	rst. <u>Send Topic To a Friend</u>
Author		Posting	
domsmum	Posted - 8 October 2004 20:5	<b>A</b>	
	I make this dressing a lot. It's great for company or just over icebe you feel like a quick salad.		
	<ul> <li>3 ounces blue cheese, crumb</li> <li>5 Tablespoons cream</li> <li>5 Tablespoons sour cream</li> <li>3 Tablespoons mayonnaise</li> <li>1 Tablespoon white wine vine</li> <li>1/8 teaspoon garlic powder</li> <li>1/2 teaspoon salt</li> <li>1/4 teaspoon black pepper</li> </ul>		
	With a fork, mash the blue cheese and cream together until the mixture resembles cottage cheese. Mix in remaining ingredients. Serve over lettuce wedges. Arrange cucumber and tomato slices around lettuce. I also put a couple of green olives and some croutons on each salad. I've also put some celery sticks to the side for dipping. I got this recipe from Cook's Illustrated The Quick Recipe and adapted it for somersizing. It's just as good as the original recipe whick uses buttermilk and sugar.		
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### Post New Topic for: The Best Blue Cheese Dressing

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<u>Forums   Pour It On (Condiments,</u>			
Dressings and Dips)   Thread: where's the	Send Topic To a Friend		
ketchup?			
Author	Posting		
Gerilynn Posted - 24 September 2004 10:36 🤵	<b>a</b>		

I read on the board somewhere that you all are finding a low carb ketchup made by heinz. I thought you said it was with a green cap and green label. I have been looking all over K.C. for it. I did finally find a green cap/label Heinz ketchup but it was low salt. HELP!!! I love ketchup and would love to try the carb 1, but in the posting it said the 1 carb by this other brand name wasn't as good. Does this ring a bell with any of my fellow SSers?

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### Post New Topic for: where's the ketchup?

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<u>Forums</u>	<u>Pour It On (Condiments,</u>	
Dressing	<u>s and Dips)</u>   Thread: <b>Salad</b>	Send Topic To a Friend
Dressing	gs - minus the OIL???	
Author	F	Posting
alli5118	Posted - 4 October 2004 12:13 📡 🍓	

Can anyone recommend a commerically made salad dressing that has no sugar and has flavor? And another that has no sugar and no oil? Or perhaps a recipe?? I can made an Italian with no sugar, but I can't find anything that has no homogenized fats or oils to use when I'm eating carbs with my salad! Thanks.

~Alli

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Post New Topic for: Salad Dressings - minus the OIL???

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Click here to show the most recent reply first.         Forums   Pour It On (Condiments,         Dressings and Dips)       Thread: Teriyaki       Send Topic To a Friend         Marinade				
Author	Posting			
SizzLynn3	Posted - 25 September 2004 19:29 🦉 🍓			
	Teriyaki Marinade – from Chuck Dudek 1/2 cup oil 1 Tbsp. fresh ginger Sweetener to taste (the orig recipe called for 9 tabs Equal) 1 cup soy sauce 1/4 cup sherry 3 cloves garlic Mix and pour over meat. Let sit for 4-12 hours. Really works well for London Broil.			
	I hope this is legal!			
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### Post New Topic for: Teriyaki Marinade

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Click <u>here</u> to show the most recent reply first. Forums   Pour It On (Condiments, Dressings and Dips)   Thread: cilantro Send Topic To a chutney			
Author	Posting		
notsoskinnyminny	Posted - 12 September 2004 19:33 🤵 🍓		
	<ul><li>Hi everyone! I'm a newbie to SS. I've only been doing this for about a month and I love it. Haven't lost much weight yet, but I'm hopefull. I love this website and all of your contributions to it. It's an amazing resource.</li><li>So here my little contribution.</li><li>This chutney is great for a veggie sandwich with tomato, cucumberand red onion also with fish and chicken</li></ul>		
	<ul> <li>cucumberand red onion also with fish and chicken</li> <li>Cilantro chutney</li> <li>2 bunches of cilantro (ends removed but keep thinner stems)</li> <li>1 small red onion</li> <li>1 tomato</li> <li>1 clove garlic</li> <li>1-2 jalpeano pepper (upto you)</li> <li>1/4-1/2 cup lemon juice (however tart you like it)</li> <li>salt and pepper to taste</li> <li>chop the tomato, onion,garlic and jalapeno into large chunks and</li> <li>put them in the bottom of you blender</li> <li>add cilantro bunches, salt and pepper and 1/4 of lemon juice</li> <li>blend all for 2-3 minutes</li> <li>should look like a pesto</li> <li>taste and adjust seasoning</li> <li>hope you like this</li> </ul>		
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#### Post New Topic for: cilantro chutney

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