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20.		fat free dressings	jazzmegirl	2	Apr 20, 2008 16:33
21.		Bleu Cheese Dressing	Dory3	16	Apr 11, 2008 12:32
22.		Sweet & Sour Sauce	slowdon	10	Mar 13, 2008 07:56
23.		HELP...Sweet and Sour Sauce	hotmama3	3	Mar 12, 2008 13:38
24.		Sweet & Sour Sauce	TrishL	2	Mar 12, 2008 13:38
25.		Sun Dried Tomato Dressing	pattyk126	1	Mar 8, 2008 06:10
26.		Chive, Cilantro Yogurt Dip	mamabj	7	Feb 26, 2008 08:08
27.		Our favorite Blue Cheese Dressing	DeBB	2	Feb 17, 2008 07:37
28.		Cracked Pepper Parmesan Dressing	mamalaurie	0	Feb 12, 2008 07:56
29.		Red Pepper Pesto	Eescapes	1	Feb 10, 2008 15:08
30.		Roasted Garlic Spread	Eescapes	1	Feb 10, 2008 15:07
31.		Roasted Tomato Vinaigrette	Eescapes	0	Feb 10, 2008 13:33
32.		Red Pepper Hollandaise	Eescapes	0	Feb 10, 2008 13:19
33.		BLT Spread	Eescapes	0	Feb 10, 2008 13:09
34.		Tomato Cheddar Spread	Eescapes	0	Feb 10, 2008 12:56
35.		Blue Cheese Dressing	mamabj	3	Feb 5, 2008 08:09
36.		Coconut Mayonnaise	mamabj	6	Feb 4, 2008 09:09
37.		Blue Cheese Dressing ???	musicalchers	2	Jan 30, 2008 06:45
38.		Garbanzo Bean-Cumin Hummus	Cathy	11	Jan 25, 2008 10:16
39.		Easy Hummus-Like Dip	Laela	7	Jan 25, 2008 10:16
40.		delicious nondairy ceasar dressing!	kutegirllly	0	Jan 24, 2008 20:47
41.		Peanut Butter??	IWedRich	13	Jan 23, 2008 21:25
42.		Bearnaise sauce	oiseaux	1	Jan 23, 2008 16:14
43.		question about enchilada sauce	myboys	1	Jan 23, 2008 14:39
44.		hollandaise sauce	mizztucker	4	Jan 23, 2008 07:00
45.		Sugar Free Syrups	bunnacula	3	Jan 20, 2008 16:50
46.		SECRET SAUCE...YUM!	ChubChub	12	Jan 6, 2008 06:53

47.		BBQ Sauce	Topped at 300	10	Nov 6, 2007 16:41
48.		Teriyaki sauce	starlite	6	Sep 5, 2007 12:05
49.		Teriyaki Marinade	SSchick36	4	Sep 5, 2007 12:05
50.		recipe request for teriyaki sauce	im2busy2relax	10	Sep 5, 2007 12:05
51.		Another Teriyaki Sauce Recipe	marie172	9	Sep 5, 2007 12:03
52.		Salad dressing question	Inexile	1	Aug 15, 2007 10:05
53.		Vinagrette Dressing	mrsjackspratt	2	Jul 23, 2007 20:20
54.		Metta's Salad Dressing (old family recipe)	SinginSOMERSong	2	Jul 16, 2007 10:43
55.		cheese sauce	GuineapigGirl	3	Jul 11, 2007 12:33
56.		classic salad dressing	snookies	0	Jul 9, 2007 06:41
57.		Monique's Tzaziki	monique1964	1	Jul 6, 2007 13:47
58.		Monique's Greek Salad Dressing	monique1964	0	Jul 5, 2007 12:15
59.		Basic Marinara Sauce	MsTified	16	Jul 3, 2007 04:26
60.		marinara sauce	realtornancy	0	Jul 2, 2007 05:20
61.		KFC coleslaw Dressing	grandmad	2	Jun 30, 2007 20:33
62.		Ranch Dressing	Sara2003	8	Jun 25, 2007 01:11
63.		Substitute for Oriental Sesame Dressing?	anniemich0929	1	Jun 18, 2007 14:23
64.		Anyone have good marinades to share please?	Zamode	11	Jun 10, 2007 06:34
65.		chipolte mayonnaise	atcchick	2	May 22, 2007 12:33
66.		Lawry's Taco Spice & Seasoning	DebB	12	May 22, 2007 10:26
67.		Anyone have a ranch dressing recipe?	NanMC	7	May 7, 2007 17:27
68.		*** Hemp Seed Oil Vinaigrette	Twiggy88	4	Mar 31, 2007 08:04
69.		spicy dressing recipe wanted	000kristi	2	Mar 26, 2007 14:02
70.		Roasted veg. dip/spread	chefDeb	2	Mar 14, 2007 15:56
71.		Peter's Ranch Dressing	DebB	18	Mar 2, 2007 11:26
72.		Somersize Ranch Dressing Please!!!	pattimelt	7	Mar 2, 2007 11:24
73.		Cucumber Ranch Dressing	beebee1	2	Mar 2, 2007 11:20
74.		legal Ranch dressing	adrkluchko	12	Mar 2, 2007 11:19
75.		Strawberry or Raspberry Vinaigrette	mamabj	2	Feb 15, 2007 18:52
76.		CREAMY BALSAMIC SALAD DRESSING	DramaMama16	1	Feb 14, 2007 11:06
77.		Thousand Mile Dressing	IWedRich	2	Feb 13, 2007 16:50
78.		dip mix	pepper6	5	Feb 8, 2007 10:23
79.		Don't miss these DIP RECIPES for Holidays	phoffer	4	Feb 4, 2007 07:53
80.		Homemade Salad Dressing	3M	2	Feb 1, 2007 09:49
81.		Catalina Salad Dressing???	dweebie	10	Jan 28, 2007 22:41
82.		Sour Cream	AGraham	19	Jan 28, 2007 15:46
83.		raspberry macademia vinaigrette	varinia1961	0	Jan 26, 2007 13:36
84.		HELPPP on dressing	Fashiond07	2	Jan 11, 2007 12:51
85.		legal brands of salad dressings	kimrisa	7	Jan 10, 2007 09:44
86.		Balsamic and Sesame Oil Salad Dressing	IWedRich	6	Dec 2, 2006 12:09
87.		Perky Horseradish Dip	phoffer	3	Nov 26, 2006 06:13
88.		Warm Southwest sauce	erjen_lower	1	Nov 3, 2006 11:11
89.		donair sauce	somersizenewby	1	Oct 30, 2006 09:28
90.		Tomato, cheese and mushroom sauce	erjen_lower	0	Oct 25, 2006 06:35
91.		Legal Spaghetti Sauce?	amethystfire	7	Oct 15, 2006 06:45
92.		Shrimp Cocktail Sauce Extraordinaire!	IWedRich	7	Sep 27, 2006 22:45
93.		Miracle Whip from Helmans	MichyS	11	Sep 23, 2006 22:51
94.		SF Jelly recipe?	JulieJafar	2	Sep 15, 2006 14:49
95.		Pico de Gallo	IWedRich	0	Sep 11, 2006 18:00
96.		Creamy Tomato - Basil Dressing	IWedRich	0	Sep 11, 2006 17:59
97.		dips	missyjean	2	Sep 11, 2006 09:56
98.		dill dip recipe	cafemom	9	Sep 10, 2006 21:53
99.		chipped beef dip	mulligan1201	0	Aug 30, 2006 15:30
100.		Creole Seasoning	Sheila0029	1	Aug 25, 2006 18:53
101.		Somersize Ranch Dressing	glitterskate	8	Aug 15, 2006 14:15
102.		Lots of legal mexican recipes	mamabj	0	Aug 7, 2006 15:14
103.		Tonkatsu BBQ Sauce	bigdad	8	Jul 31, 2006 21:26
104.		Wishbone Carb Options Ranch	glitterskate	3	Jul 21, 2006 05:31

105.		easiest tom sauce & carbo or fat!	hungryhippo	3	Jul 14, 2006 08:07
106.		September's Enchilada Sauce?	larubia69	4	Jul 10, 2006 15:40
107.		Three-Herb Chimichurri	MsTified	2	Jun 25, 2006 20:48
108.		Traditional Green Goddess	2b4mb	6	Jun 25, 2006 13:18
109.		Best Ever Pizza Sauce	MsTified	12	Jun 20, 2006 17:01
110.		Wishbone Carb Option Ranch Salad Dressing	glitterskate	2	Jun 19, 2006 11:43
111.		French Dressing	jancupo	7	Jun 14, 2006 10:34
112.		homemade mayo-YUM!	heysue	9	May 31, 2006 11:26
113.		raspberry viniagrette?	chelechele	2	May 24, 2006 12:44
114.		Marlboro BBQ Sauce	beebee1	2	May 19, 2006 15:32
115.		Really good bleu cheese dressing!	carolannb	2	Apr 10, 2006 07:20
116.		Curry Dip - to die for!	MsFit	9	Apr 6, 2006 14:11
117.		green goddess	missyjean	3	Apr 6, 2006 07:08
118.		Shrimp Cocktail Sauce	dottiea	0	Apr 5, 2006 07:42
119.		Black bean humus	matantej	7	Mar 28, 2006 17:55
120.		steak marinade	cubbiegal	6	Mar 23, 2006 06:16
121.		THE BEST Hollandaise	Debits2000	0	Mar 18, 2006 07:04
122.		Sugar Free Spagetti Sauce?	RuthF	12	Mar 15, 2006 11:57
123.		Does anyone remember the southwest dip?	loopylisa	3	Mar 10, 2006 08:15
124.		Gorgonzola Dressing	Pass the 'taters	1	Mar 9, 2006 17:02
125.		Catalina Salad Dressing	Debits2000	4	Mar 5, 2006 16:08
126.		Cheese Sauce	phoffer	5	Feb 24, 2006 15:52
127.		House Seasoning (great on beef!)	iwillrejoice	3	Feb 18, 2006 18:32
128.		Greek Salad Dressing	Debits2000	0	Feb 16, 2006 18:32
129.		Gravy for Raost Beef	Debits2000	4	Feb 16, 2006 06:30
130.		Fiesta cheese dip	matantej	1	Feb 11, 2006 10:06
131.		Original Dill Dip	janland	1	Feb 11, 2006 09:59
132.		Tomato Yogurt Dressing	marie172	0	Feb 8, 2006 04:44
133.		Elaine's Puttanesca Sauce	wired_foxterror	2	Feb 6, 2006 13:41
134.		Elaine's Red Sauce	wired_foxterror	3	Feb 6, 2006 13:40
135.		Shroom Dip	Pat Polito	4	Feb 3, 2006 19:19
136.		another "Shroom" Dip	September	8	Feb 3, 2006 19:19
137.		Coctail Sauce	carolannb	1	Jan 31, 2006 15:54
138.		Lemon Vinaigrette	matantej	0	Jan 26, 2006 04:26
139.		Creamy Spinach Dip	Emerald	4	Jan 25, 2006 12:32
140.		Spinach Dip Recipe	mamabj	0	Jan 25, 2006 12:16
141.		"Honey" Mustard Dipping Sauce	tpfriend	1	Jan 21, 2006 14:02
142.		Cilantro Cream	Kisa 1	2	Jan 21, 2006 07:56
143.		Baked crab dip	matantej	3	Jan 14, 2006 16:21
144.		Sweet n' Sour Oil and Vinegar Dressing	naturelover	2	Jan 14, 2006 12:14
145.		Gravy??	vertically_challenged	2	Dec 22, 2005 19:21
146.		Mayonaise2	FrozH2O	3	Dec 15, 2005 06:26
147.		Aunt Lavella's Blue Cheese Dressing	tammie4773	1	Dec 7, 2005 03:46
148.		Super Easy Lemon Sauce for Fish or Vegies	BlondeTaz	3	Nov 30, 2005 17:18
149.		Princess Tudy's Tuscan Rubs	Rondaren	2	Nov 21, 2005 10:21
150.		Princess Tudy's Rubs	Rondaren	2	Nov 21, 2005 10:21
151.		*** Quickie Ketchup	Twiggy88	4	Nov 18, 2005 08:30
152.		Somersize Barbecue Sauce-From Fast & Easy	gopmom2	5	Oct 29, 2005 09:09
153.		Creamy Cole Slaw w/ Blue Cheese	dheilman50	1	Oct 29, 2005 08:03
154.		Cheesy-Beefy dip	LoveSweets	5	Oct 18, 2005 04:52
155.		Ancho Chile Butter	iwillrejoice	2	Oct 16, 2005 19:15
156.		Carb Dressing	marie172	0	Oct 13, 2005 04:45
157.		Bacon dressing-hot	momof7	4	Oct 9, 2005 16:33
158.		Creamy Tarragon Dip	matantej	1	Oct 1, 2005 13:00
159.		Substituting different vinegars in dressings?	caminlaca	4	Sep 23, 2005 17:24
160.		Chili Sauce	chefskid	3	Sep 19, 2005 14:04
161.		zesty italian dressing	Niteowl	2	Aug 24, 2005 12:53
162.		hidden valley dip?	patscrub	15	Aug 22, 2005 08:54

163.		Dressing for Broccoli or Asparagus	iwillrejoice	2	Aug 18, 2005 20:21
164.		pesto sauce	gi	1	Aug 10, 2005 19:34
165.		Fat-Free French Dressing	suziebs	2	Aug 9, 2005 02:13
166.		Bacon Tomato Dip	beebee1	5	Aug 4, 2005 04:00
167.		mayonaise	Niteowl	2	Aug 3, 2005 19:54
168.		Easy, fast 1000 Island Dressing	almostskinny	1	Jun 28, 2005 11:43
169.		creamy salad dressing	kaeribia	0	Jun 23, 2005 14:08
170.		appology	dheelman50	0	Jun 22, 2005 06:48
171.		Lemon Dill Mayonnaise	greytlove	2	Jun 20, 2005 11:28
172.		Elaine's Alfredo Sauce	wired_foxterror	9	Jun 12, 2005 12:59
173.		Olive Garden Dressing....	GARNET2002	8	Jun 5, 2005 08:18
174.		Shortcut Sauce....	GARNET2002	0	Jun 5, 2005 00:35
175.		Maui Style Huli-Huli Sauce	Scott on Maui	3	Jun 2, 2005 10:29
176.		Simple marinade	JCnmyheart	3	Jun 1, 2005 13:50
177.		Tangy Coleslaw Dressing	momof7	2	May 28, 2005 13:28
178.		Bacon Cheese Dip	matantej	5	May 27, 2005 08:41
179.		Szechuan Hot Bean Sauce, Hot Chili Oil...	Leah Marie	1	May 19, 2005 12:15
180.		restaurant dressing L1	Twiggy88	1	May 12, 2005 11:36
181.		September's Easy Cheese Sauce	September	2	May 12, 2005 11:34
182.		I LOVE GARLIC Mayo	Cosmo Curves	2	Apr 29, 2005 10:55
183.		Japanese Steakhouse White Sauce	tkg33	0	Apr 27, 2005 07:43
184.		The "Grand" Slam of 1000 Islands!	karma	16	Apr 16, 2005 21:11
185.		Roasted Red Pepper Dressing	sharonm516	0	Apr 9, 2005 08:09
186.		Beau Monde Dip	Looster	1	Apr 1, 2005 15:47
187.		Blu Cheese Dip/Dressing	phoffer	0	Mar 31, 2005 09:58
188.		Zucchini spread	matantej	1	Mar 31, 2005 08:16
189.		Jalapeno Dip	Deb K	0	Mar 30, 2005 06:59
190.		Spicy Vegetable Dip	matantej	0	Mar 12, 2005 06:36
191.		Legal Guacamole	PinkPenguin	0	Mar 9, 2005 10:27
192.		red colored salad dressing	cubbiegal	0	Mar 9, 2005 05:06
193.		Southwest Dressing	sockim123	1	Feb 25, 2005 13:50
194.		*** Tartar sauce	Twiggy88	0	Feb 23, 2005 14:25
195.		BBQ Sauce Recipe	mizztucker	21	Feb 22, 2005 18:47
196.		Chipolte Cream Sauce	phoffer	8	Feb 20, 2005 07:12
197.		Easy as one, two dip	karma	1	Feb 19, 2005 13:59
198.		Horseradish Dill Sauce	Kisa 1	0	Feb 17, 2005 08:06
199.		ketchup or catsup	allo	2	Feb 12, 2005 07:33
200.		suzannes, ranch dressing	loveTOsomersize	2	Feb 3, 2005 08:53
201.		Jimmac's French Dressing	jimmac86	0	Jan 28, 2005 19:45
202.		poppyseed dressing	lady61	2	Jan 28, 2005 07:11
203.		sauces you reduce	lady61	3	Jan 20, 2005 07:18
204.		Quick Delish Sauce for Meats, Fish, or Veggies	Erinn	6	Jan 3, 2005 06:12
205.		Easiest Cranberry Sauce/Relish	wired_foxterror	4	Dec 30, 2004 08:54
206.		Red Pepper Jam	wired_foxterror	1	Dec 28, 2004 08:55
207.		Heinz Like?	SizzLynn3	2	Dec 27, 2004 07:16
208.		Jalapeno Pepper Jelly	wired_foxterror	2	Dec 23, 2004 20:45
209.		Ham & Sour Cream Sandwich Spread	phoffer	2	Dec 22, 2004 15:04
210.		mushroom rub recipes	Nutmeg	11	Dec 6, 2004 12:08
211.		Hot Pizza Dip	phoffer	2	Nov 24, 2004 15:12
212.		Starlite's Honey Mustard	beebee1	12	Nov 21, 2004 08:19
213.		Honey Mustard Dressing	Fricke	9	Nov 18, 2004 20:21
214.		anti vampire dip	Nanarb58	0	Nov 17, 2004 17:49
215.		Spinach & Artichoke Dip, Legal?	Cinderella1124	4	Nov 16, 2004 16:24
216.		Double Salmon Dip	Nanarb58	4	Nov 15, 2004 15:49
217.		salt and mushroom rubs	klombas1	0	Oct 26, 2004 06:44
218.		WESTERN/CATALINA DRESSING	Nan48601	0	Oct 13, 2004 18:52
219.		What NOT To Do BBQ Sauce Recipe...	FrozH2O	7	Oct 12, 2004 18:03
220.		B-BQue Sauce	lbsGottaGo	2	Oct 10, 2004 06:43

221.		The Best Blue Cheese Dressing	domsmum	0	Oct 8, 2004 20:05
222.		where's the ketchup?	Gerilynn	9	Oct 7, 2004 10:30
223.		Salad Dressings - minus the OIL???	alli5118	1	Oct 7, 2004 07:19
224.		Teriyaki Marinade	SizzLynn3	0	Sep 25, 2004 19:29
225.		cilantro chutney	notsoskinnyminny	2	Sep 19, 2004 18:01

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Zucchini Butter** [Send Topic To a Friend](#)

Author	Posting
wired_foxterror	Posted - 8 January 2009 18:29  

Zucchini Butter

You won't believe how amazingly good this is, tastes just like homemade apple butter. AND this is a veggie so it can be used as a spread on crusty carbos like breads, muffins. Or it can be used with pro/fats and/or veggies.

Zucchini Butter (Level 1)

peeled and seeded zucchini to make 4 cups coarsely chopped
4 tablespoons vinegar
1 teaspoon lemon juice
2 cups sugar substitute (I use W hey L ow)
1 teaspoon powdered cinnamon
2 drops of red food coloring

Add zucchini and vinegar to blender. Blend until smooth.

Pour the zucchini mixture into a large saucepan. Add the rest of the ingredients and mix. Turn heat on low to medium-low and allow to simmer for 3 to 3 3/12 hours, stirring occasionally, until the mixture is thick. Remove from heat, allow to cool and then refrigerate.

Enjoy!

Foxye
Somersizing since 01/03
230/165/165

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Author	Posting
Rinky	<div>Posted - 15 March 2005 14:27  </div> <hr/> <div>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.</div>

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Author	Posting
Rinky	Posted - 15 March 2005 14:27  

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2 tsp. anchovey paste
1 tsp. worchestershire
1/4 tsp. salt
1/4 tsp.dry mustard
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1/3 c. parmesan
mix well.

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Caesar Salad Dressing** [Send Topic To a Friend](#)

Author	Posting
lbsGottaGo	Posted - 6 January 2009 9:19  

I use to have a recipe from the boards for Caesar Salad Dressing that was great. It used Olive oil, Parmesan Cheese, Brown Mustard and Anchovy Paste are the only ingredients I remember. Can anyone help me out with ingredients

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Caesar Salad Dressing** [Send Topic To a Friend](#)

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lbsGottaGo	Posted - 6 January 2009 9:19  

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Maple Syrup** [Send Topic To a Friend](#)

Author	Posting
wired_foxterror	Posted - 22 December 2008 18:44  

Make your own maple syrup - it is so so so easy and so so so good!

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
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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Mexican Rollups or Dip** [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 it as a dip with the 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 cream and spices until well combined. Spread on lettuce leaves, top with chopped tomatoes, green onions and cheese. Roll up and serve.

For a dip, mix together the cream cheese, sour vream and spices until well combined. Transfer to a bowl. Layer chopped tomatoes, green onions and shredded chese on top. Serve with cheese crisps or celery sticks for dipping.

Enjoy!

Foxye
Somersizing since 01/03
230/165/165

Visit my blog at www.wiredfoxterror.blogspot.com

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Mexican Rollups or Dip** [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 it as a dip with the 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 cream and spices until well combined. Spread on lettuce leaves, top with chopped tomatoes, green onions and cheese. Roll up and serve.

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Texan Tomato Relish** [Send Topic To a Friend](#)

Author	Posting
wired_foxterror	Posted - 11 November 2008 4:8  

This is excellent on burgers or anything you would use ketchup on. It is even good stirred into veggies.

Texan Tomato Relish

- 1 tablespoon olive oil
- 1/2 cup finely chopped vidalia onion
- 1 cup diced canned tomatoes
- 2 tablespoons apple cider vinegar
- 2 tablespoons brown sugar substitute (I use W L Gold)
- 1 pickled jalapeno, finely chopped
- salt

Heat olive oil in a medium saute pan over medium heat. Add onions and cook until they soften and turn light brown. Do not burn,

Add tomatoes, sugar substitute and chopped jalapeno. Bring to a boil, then turn down the heat and simmer for 25 to 35 minutes. The relish will be thick and have a jamlike consistency. Season with salt to taste.

Store in a jar with a lid in the refrigerator.

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **zucchini noodles** [Send Topic To a Friend](#)

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!

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Repost of Pizza Sauce** [Send Topic To a Friend](#)

Author	Posting
marie172	Posted - 14 October 2006 19:52  

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 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".

Edited by - marie172 on 10/15/2006 7:06:40 AM

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Another Ranch Dressing** [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, heaping tsps. It's very easy for this very strong ingredient to overpower the other flavors.

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Kraft Thousand Island Salad Dressing, from DebB**

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Author	Posting
stilljoyful	Posted - 18 September 2003 9:23  

Kraft Thousand Island Salad Dressing, from DebB

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 Recipe.

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Boursin Cheese** [Send Topic To a Friend](#)

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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Heinz Reduced Sugar Ketchup**

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Author	Posting
llacyci	Posted - 23 May 2008 12:12  

Tomato concentrate made from red ripe tomatoes, distilled vingar, salt, onion 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 :)

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **table cream** [Send Topic To a Friend](#)

Author	Posting
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glassart	Posted - 29 December 2005 8:44  
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Has anyone made a cheese sauce using table cream? It is already reduced so one would think it would be quicker?
Smile,s
Ruth

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Simmer Sauces on HSN sale price** [Send Topic To a Friend](#)

Author	Posting
Ilacyci	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 :)

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **2 Hellman's Mayo recipes** [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 another 1/2 cup vegetable oil.
Add the vinegar and remaining oil. Blend until firm. Store in refrigerator

<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 :: hardest=5)
Serves/Makes: 1.5 cups

- 1 egg (at room temp)
- 1 teaspoon dry mustard
- 1 teaspoon salt
- 1 1/4 cup oil (any type...corn, vegetable, canola)
- dash cayenne pepper
- 3 tablespoons lemon juice or vinegar (I like it with vinegar better)

Directions:
Place egg, mustard, salt, cayenne pepper and 1/4 c. oil in blender and blend on low.

While the machine is blending, SLOWLY pour in another 1/2 c. oil. You may have to stop and scrape down the mayo. Add the lemon juice/vinegar and the remaining 1/2 c. oil. Blend until well combined. Store in refrigerator, tightly covered.

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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Creamy Mushroom Sauce not quite right** [Send Topic To a Friend](#)

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

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Chipotle Cream Sauce** [Send Topic To a Friend](#)

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

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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

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Starlite's catsup** [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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Teriyaki Sriracha Marinade and Sauce** [Send Topic To a Friend](#)

Author	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!!

- 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 you like it less spicy)
 - 2 t. sesame seeds (optional - they are not level 1)
 - 4 t. red wine vinegar
 - 1 T. minced garlic

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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **fat free dressings** [Send Topic To a Friend](#)

Author	Posting
jazzmegirl	Posted - 20 April 2008 14:41  

Hi. Does anyone have a fat free vinagrette to go with a carb salad, like with beans or WW pasta? Thanks.
Amie

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Bleu Cheese Dressing**

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Author	Posting
Dory3	Posted - 24 March 2004 20:20  

Does anyone have a bleu cheese receipe? Thanks, Dory

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Sweet & Sour Sauce** [Send Topic To a Friend](#)

Author	Posting
slowdon	Posted - 8 August 2004 18:6  

Does anyone have a good S & S Sauce recipe that they have tried and really liked. Thanks

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | [Send Topic To a Friend](#)
Thread: **HELP...Sweet 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

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Sweet & Sour Sauce** [Send Topic To a Friend](#)

Author	Posting
TrishL	Posted - 11 March 2004 9:45  

Does anyone have a recipe for sweet & sour sauce?

Thanks!

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Author	Posting
pattyk126	Posted - 7 March 2008 18:2  

Can anyone tell me if this is a level one legal food? It is a recipe that comes from the book "The Good Carb Cookbook" by Sandra Woodruff:

- 1/4 cup plus 2 tbsp water
- 3 tbsp white wine vinegar
- 3 tbsp extra-virgin olive oil
- 1 tbsp chopped sun-dried tomatoes
- Here it would say 1 tbps sugar or honey, but we could substitute with stevia or splenda to sweeten
- 2 tsp crushed garlic
- 1/2 tsp dried oregano
- 1/4 tsp dried thyme
- 1/2 tsp salt
- 1/4 tsp ground black pepper

From the looks of it, I think as long as we substitute the stevia or splenda for the 1tbsp honey or sugar that we would be okay. I am new at this, so please let me know.

Patty

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Chive, Cilantro Yogurt Dip** [Send Topic To a Friend](#)

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 1/2 tsp salt, to taste
1/4 tsp garlic powder (or 1/2 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

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Our favorite Blue Cheese Dressing**

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Author	Posting
DebB	Posted - 16 February 2008 17:28  

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 recipe:

- 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

- 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 mixer for 2 minutes at low speed. Add mayo and blend for about 2 more minutes at medium speed. Sowly add blue cheese and blend at low until completely combined, but with some small chunks of cheese remaining.

Deb's notes: The original recipe called for 1 1/3 cup mayo and no cream (or half and half). It was very thick. It also called for 1 tablespoon minced green onion, but I substitute the dried.

I buy Rosenborg brand blue cheese at Walmart.

I'm not a big blue cheese dressing fan, but my husband is and he loves this recipe. I hope you enjoy! *Ü*

Started Somersizing 2-01
Our favorite Tried & True SS recipes:
<http://recipecircus.com/recipes/SomersizinDebB/>

Edited by - DebB on 2/17/2008 7:35:39 AM

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Cracked Pepper Parmesan 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

- 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Red Pepper Pesto** [Send Topic To a Friend](#)

Author	Posting
Escapes	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
¾ cup freshly grated Parmesan cheese
¼ cup pine nuts
¼ 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Roasted Garlic Spread** [Send Topic To a Friend](#)

Author	Posting
Escapes	Posted - 10 February 2008 13:24  

Roasted Garlic Spread

- 1 large head garlic, unpeeled
- 1 tbsp olive oil
- 1 (8oz) pkg cream cheese, softened
- ¼ cup butter, softened
- ½ tsp salt
- 2 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Roasted Tomato Vinaigrette** [Send Topic To a Friend](#)

Author	Posting
Escapes	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 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Roasted Tomato Vinaigrette** [Send Topic To a Friend](#)

Author	Posting
Escapes	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 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Red Pepper Hollandaise** [Send Topic To a Friend](#)

Author	Posting
Escapes	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 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](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **BLT Spread** [Send Topic To a Friend](#)

Author	Posting
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Escapes 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
- diced tomatoes, 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Tomato Cheddar Spread** [Send Topic To a Friend](#)

Author	Posting
Escapes	Posted - 10 February 2008 12:56  

Tomato Cheddar Spread

1 (10 oz) can diced tomatoes and green chilies, drained
1 cup mayonaise
1 tsp worcestershire sauce
½ tsp salt
2 (8oz) blocks sharp cheddar cheese, shredded (not pre shredded)
1 (4oz) jar chopped pimientos, drained

Stir together the first 4 ingredients in a large bowl. Stir in cheese and pimientos.

Stuff into celery sticks or DebB's profat buns. I think it's really good on a lettuce wedge!

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Blue Cheese Dressing**

[Send Topic To a Friend](#)

Author	Posting
mamabj	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 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, shallot, lemon zest, Worcestershire sauce, salt, and celery seeds in a food processor to make a chunky but pourable sauce. Stir in the parsley and season with plenty of pepper. Use immediately or refrigerate in a tightly sealed container for up to 3 days.

Yield: 2 cups

*To make buttercream instead of milk, use heavy whipping cream and add 1t lemon juice.

Enjoy
mamabj

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Coconut Mayonnaise** [Send Topic To a Friend](#)

Author	Posting
mamabj	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

1. 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.
2. 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Blue Cheese Dressing ???**

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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

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Garbanzo Bean-Cumin Hummus** [Send Topic To a Friend](#)

Author	Posting
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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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Easy Hummus-Like Dip**

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Author	Posting
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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **delicious nondairy ceasar dressing!** [Send Topic To a Friend](#)

Author	Posting
kutegirilly	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 equivalant 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Peanut Butter??** [Send Topic To a Friend](#)

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!! :o)

Lovin' Jesus and Lovin' Life!

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Bearnaise sauce** [Send Topic To a Friend](#)

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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **question about enchilada sauce** [Send Topic To a Friend](#)

Author	Posting
myboys	Posted - 23 January 2008 11:33  

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thanks!!

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **hollandaise sauce** [Send Topic To a Friend](#)

Author	Posting
mizztucker	Posted - 16 October 2003 11:2  

Does anyone have a SS hollandaise sauce recipe?

many thanks

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **hollandaise sauce** [Send Topic To a Friend](#)

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Sugar Free Syrups** [Send Topic To a Friend](#)

Author	Posting
bunnacula	Posted - 20 January 2008 14:28  

Hi all -- I am debating ordering some s/f syrups...and 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 :)

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **SECRET SAUCE...YUM!** [Send Topic To a Friend](#)

Author	Posting
ChubChub	Posted - 30 May 2005 19:52  

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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **BBQ Sauce** [Send Topic To a Friend](#)

Author	Posting
--------	---------

Topped at 300

Posted - 27 June 2006 17:19  

I was looking at www.splenda.ca and came across this amazing looking BBQ sauce, and as far as I can tell it is legal level 1. If that is not right please let me know. I wanted to share it with you.

BBQ Sauce

- Makes 4 Cups (32 oz) (or 42-3/4 oz. servings)
- Preparation Time: 45 minutes
- One serving is ¾ oz
- Best if refrigerated overnight before using

- 1 Tbsp. Canola or Extra Virgin Olive Oil
- 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 flavoured
- 1 tsp. Salt
- 1/2 cup Cider Vinegar
- 1 Tbsp. Tabasco (+ 1 tsp. for spicier sauce)

1. Place oil in a large saucepan. Add onions and garlic. Saute over medium heat until translucent (approx 2-3 min.).
2. Mix the bouillon and water until partially dissolved. Add bouillon mixture and all remaining ingredients to the saucepan. Stir well using a wire whisk.
3. Simmer, uncovered, 25-30 min. to allow flavours to meld. Stir frequently. Refrigerate overnight in a non-metallic container. Sauce is best if prepared a day before using. Keeps well, refrigerated, for 1 week.

- Calories: 15
- Calories from fat: 0
- Total Fat
- Saturated Fat: 0
- Dietary Fiber: 0 g
- 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!

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Teriyaki sauce** [Send Topic To a Friend](#)

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 off! All my posts are just my personal opinions.

Starlite: Started 2/14/2000

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Teriyaki Marinade** [Send Topic To a Friend](#)

Author	Posting
SSchick36	Posted - 16 October 2003 17:33  

Does anyone have a legal teriyaki marinade recipe? Thanks!

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **recipe request for teriyaki sauce**

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Author	Posting
im2busy2relax	Posted - 7 March 2004 14:46  

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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Another Teriyaki Sauce Recipe** [Send Topic To a Friend](#)

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 sauce
- 1/4c honey or brown sugar (use substitute!)
- 1 tsp ginger, minced (real ginger,not powder)
- 1 tsp grated onion
- 1 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.)

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Salad dressing question** [Send Topic To a Friend](#)

Author	Posting
Inexile	Posted - 14 August 2007 5:17  

I am looking for a recipe for a salad dressing that is made with tomato or V8 juice, and garlic. Anybody have one that you like?

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Vinagrette Dressing** [Send Topic To a Friend](#)

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

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Metta's Salad Dressing (old family recipe)** [Send Topic To a Friend](#)

Author	Posting
SinginSOMERSong	Posted - 27 September 2006 23:11  

My great grandmother actually started this recipe with our family, but I always thought it was my grandmother, Mary's. So... giving Gr Grandmother Metta her dues.....

- 1 egg
- 1 cup veg oil
- juice of 1 lemon microwave 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 pepper
- 1/2 tsp salt (or to taste)

Beat egg until light, begin adding a steady stream of oil in as the mixer beats egg on med speed. Add remaining ingreds with mixer running. It is a medium yellow color when completed. Chill.

MEGA-licious over veggies, salads, fish, ...well, you'll see what I mean!:)
I can't stay out of it!.....and with SSIng I don't have too!
~~~Singin'

Edited by - SinginSOMERSong on 11/2/2007 8:53:56 PM

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **cheese sauce** [Send Topic To a Friend](#)

| Author | Posting |
|---------------|---|
| GuineapigGirl | 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 could
use cream but what to help thicken it up? more cheese?

whooooo what a way to go!!!
180/172/140

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **classic salad dressing** [Send Topic To a Friend](#)

| 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.

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Monique's Tzaziki** [Send Topic To a Friend](#)

| 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.

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Monique's Tzaziki** [Send Topic To a Friend](#)

| Author | Posting |
|-------------|--|
| monique1964 | Posted - 5 July 2007 12:23   |

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Monique's Greek Salad Dressing** [Send Topic To a Friend](#)

| Author | Posting |
|-------------|---|
| monique1964 | <div>Posted - 5 July 2007 12:15  </div> <hr/> <div>Flavorful!!!</div> <div>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</div> <div>Bon Appetit!
Frenchy</div> |

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Monique's Greek Salad Dressing** [Send Topic To a Friend](#)

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Basic Marinara Sauce**

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| Author | Posting |
|----------|--|
| MsTified | Posted - 2 April 2004 19:1   |

BASIC MARINARA SAUCE Makes: 14 cups

- 3-5 large onions, cut up
- 1 green pepper, seeded & cut up
- 2 T. oil
- 4 15-oz. cans tomato sauce
- 3 6-oz. cans tomato paste
- 2-1/2 cups water
- 1/4 t. rosemary
- 1/4 t. oregano
- 1 bay leaf
- 1/2 t. dry thyme
- 1/2 t. marjoram
- 3 whole cloves
- 2 t. sugar substitute
- 1/2 t. salt
- 1/2 t. pepper
- 1/2 cup burgundy wine

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.
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.
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..

~ DEDICATION ~ DETERMINATION ~ DISCIPLINE ~
MsTified217@hotmail.com

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **marinara 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 sauce?
Or is there a store bought legela level 1 ?

159.5/159.5/135.0

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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?

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| Author | Posting |
|----------|--|
| Sara2003 | Posted - 21 September 2003 10:18   |

I am looking for a recipe for ranch dressing.

Thanks

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Ranch Dressing** [Send Topic To a Friend](#)

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Substitute for Oriental Sesame Dressing?** [Send Topic To a Friend](#)

| Author | Posting |
|---------------|---|
| anniemich0929 | Posted - 18 June 2007 11:25   |

Can anyone suggest some sort of substitute recipe for oriental sesame dressing used at Wendy's?

Thanks!!

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| Author | Posting |
|--------|--|
| Zamode | Posted - 4 June 2007 19:40   |

Whew, I am missing them since restarting this WOE. Not sure what else there could be but olive oil with spices isn't quite cuttin' it!

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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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Lawry's Taco Spice & Seasoning** [Send Topic To a Friend](#)

| Author | Posting |
|--------|---|
| DebB | Posted - 20 September 2003 16:8   |

Here's the Taco Seasoning I make (as most packaged mixes have sugar and/or starches and are funky). I make a big batch (I multiply this recipe by 8 - I've put my quantities in parenthesis) of this each time and keep it in a sealed glass jar and typically use 4 teaspoons per one pound of hamburger. This is really good!

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 tsp)
- 1/4 tsp garlic powder (1 1/2 tsp)
- 1/8 tsp ground oregano (3/4 tsp)

Combine all ingredients in a small bowl.

If you want to use this for taco meat:

In large skillet, brown 1pound ground beef until crumbly; drain fat. Add spices & 2/3 cup water; mix thoroughly. Bring to a boil; reduce heat to low and cook uncovered, 7 to 10 minutes, stirring occasionally until most of the liquid has cooked off.

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270/175/165
sdbruce@amerion.com

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Anyone have a ranch dressing recipe?** [Send Topic To a Friend](#)

| Author | Posting |
|--------|--|
| NanMC | Posted - 2 March 2007 9:56   |

I'm trying to find a good recipe for ranch dressing. Does anyone have one or know of a good legal mix?

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: *** **Hemp Seed Oil Vinaigrette** [Send Topic To a Friend](#)

| Author | Posting |
|----------|---|
| Twiggy88 | 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 you miss nuts, try this oil.
The one I used is called "Manitoba Harvest Hemp Seed Oil". See this site for 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 GLA (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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| Author | Posting |
|--------|---------|
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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?

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Roasted veg. dip/spread** [Send Topic To a Friend](#)

| Author | Posting |
|---------|--|
| chefDeb | Posted - 14 March 2007 14:15   |

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, and the oil and vinegar. Pour mixture on to a cookie sheet and roast in the oven 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 2 samdwiches. It's really tasty.

Taking it one meal at a time, and loving every bite!
John 15:5

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| Author | 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 thoroughly 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

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Peter's Ranch Dressing** [Send Topic To a Friend](#)

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Somersize Ranch Dressing Please!!!** [Send Topic To a Friend](#)

| 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 it...am I missing something?

Does any one have a yummy Ranch Dressing recipe secret they would like to share?

Thanks, in advance! :o) Patti

pattimelt...what I'm hoping to do!

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Cucumber Ranch Dressing** [Send Topic To a Friend](#)

| 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 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.

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **legal Ranch dressing** [Send Topic To a Friend](#)

| 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Strawberry or Rasperry Vinaigrette** [Send Topic To a Friend](#)

| Author | Posting |
|--------|--|
| mamabj | Posted - 15 February 2007 5:53   |

A friend served this and it was so good I had to figure out a way to ss it. This is the only way I could do it. He served it on a mixed green salad w/a little red onion and pine nuts which I know for level one would need to be eliminated. It was absolutely delicious.

Strawberry or Rasperry Vinaigrette

Combine sf strawberry or rasperry Davinci or Torani syrup, vinegar and pepper until combined. Gradually add olive oil and mix until well blended. Chill until ready to serve. (I just use my little Black & Decker chopper or immersion blender)

Ingredients

- sf strawberry or rasperry syrup to taste
- 2 tablespoons sf Balsamic Vinegar
- 1/4 teaspoon ground black pepper
- 1/4 cup Light Olive Oil

To make a Almost Level One or Level Two, I'm not sure which, use one cup fresh strawberries or raspberries instead of the syrup.

It is such a nice light dressing. Very refreshing.

Enjoy

Edited by - mamabj on 2/15/2007 6:29:24 AM

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **CREAMY BALSAMIC SALAD DRESSING** [Send Topic To a Friend](#)

| Author | Posting |
|-------------|--|
| DramaMama16 | Posted - 14 February 2007 4:16   |

My son and I played around and created this recipe. Its very quick and is always a hit so if you like a little sweeter dressing, try this.

CREAMY BALSAMIC SALAD DRESSING - yummy!

- 3/4 Cup Mayo
- 3-4 TBS Cream
- 1 & 1/2 tsp. Somersweet
- 2 TBS. Balsamic Vinegar

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Thousand Mile Dressing** [Send Topic To a Friend](#)

| Author | Posting |
|----------|--|
| IWedRich | Posted - 11 September 2006 17:56   |

This is an absolute favorite - you will not miss Thousand Island!

- Thousand Mile Dressing
- ½ C. Real Mayonnaise
 - ½ C. Sour Cream
 - ¼ C. Roasted Red Bell Pepper, blended until well mashed
 - 6 T. Tomato Sauce
 - ¼ 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **dip mix** [Send Topic To a Friend](#)

| Author | Posting |
|--------|---------|
|--------|---------|

pepper6 Posted - 5 February 2007 13:0  

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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Don't miss these DIP RECIPES for Holidays** [Send Topic To a Friend](#)

| Author | Posting |
|--------|---------|
|--------|---------|

phoffer Posted - 22 December 2004 7:34  

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, chopped
- 3/4 cup tomato, chopped
- 1/3 cup onion, chopped
- 1/2-1 tsp dried oregano
- 1/2 cup mayonaise
- mix well and chill

CRABMEAT DIP

- 1 can or 6 oz crab meat drained
- 1 package 8 oz cream cheese, softened
- 1/2 cup legal brand thousand island dressing
- 2 tb lemon juice
- 1 green onion, chopped

In medium bowl thoroughly combine all ingredients, chill.

HOT PIZZA DIP

- 1 8 Oz package cream cheese, softened
- 1/2 tsp dried oregano
- 1/2 tsp dried parsley
- 1/4 tsp dried basil
- 1 cup shredded mozzarella cheese
- 1 cup parmesan cheese
- 1 cup pizza sauce
- 2 tb chopped green bell pepper
- 2 oz pepperoni sausage, chopped

In a small bowl, mix together the cream cheese, oregano, and basil. Spread mixture in the bottom of a 9" pie plate or shallow microwave 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Homemade Salad Dressing** [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.

1/4 cup mayonnaise
2 Tablespoons parmesan cheese (in the can)
1/4 teaspoon chili powder
enough water to make it the same consistency as bottled salad dressing

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, but by every word that proceedeth out of the mouth of God." Matthew 4:4

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Catalina Salad Dressing???** [Send Topic To a Friend](#)

| Author | Posting |
|----------|--|
| dweebiee | 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

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| 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

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Sour Cream** [Send Topic To a Friend](#)

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| 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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| Author | Posting |
|------------|---|
| Fashiond07 | Posted - 10 January 2007 13:1   |

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

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **legal brands of salad dressings** [Send Topic To a Friend](#)

| Author | Posting |
|---------|---|
| kimrisa | Posted - 13 November 2006 19:29   |

Can someone provide me a list of legal commerical brand salad dressings?

Thanks!

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Balsamic and Sesame Oil Salad Dressing** [Send Topic To a Friend](#)

| Author | Posting |
|----------|--|
| IWedRich | Posted - 11 September 2006 17:55   |

Balsamic and Sesame Oil Salad Dressing
3 pkt. Splenda (sugar substitute)
½ t. Ground Thyme
½ t. Dried Orange Peel (or Lemon Peel)
3 T. Balsamic Vinegar
½ 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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| Author | Posting |
|---------|--|
| phoffer | Posted - 22 December 2004 6:46   |

3 Oz cream cheese, room temp.
1 cup sour cream
1/2 cup chopped dill pickle
2 tsp. onion flakes
1 TB horseradish

Mix all together and serve with veggies
Enjoy!!

Patricia Hoffer

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Warm Southwest sauce** [Send Topic To a Friend](#)

| 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.

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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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Tomato, cheese and mushroom sauce** [Send Topic To a Friend](#)

| Author | Posting |
|-------------|---|
| erjen_lower | Posted - 25 October 2006 6:35   |

I threw this together last night, so I apologize for the lack of organization in this recipe! It was good though!

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 juice
- 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

Melt butter in a skillet, add garlic, mushrooms, garlic powder and black pepper to taste. Add in diced tomatoes, sour cream and tomato sauce. Mix well. Add cheddar cheese and stir well to incorporate.

At this point, I allowed it to bubble a bit to cook down and thicken up a bit. I added shrimp to mine and allowed it to heat. I served this over whole wheat rotini, which makes it level 2 (I am not currently somersizing) and topped it with a little more shredded cheddar. I bet this would be good over cauliflower florets or even riced cauliflower. Probably broccoli too!

I think some cayenne pepper or even roasted red pepper would be wonderful in this too. It would definitely add to the flavor.

Don't salt this at all. It doesn't need it.

I hope you enjoy it.

Jenn
Gastric bypass 10/24/05
265/146.6/145

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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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| 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!

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| Author | Posting |
|--------|--|
| MichyS | Posted - 11 June 2006 17:4   |

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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| Author | Posting |
|------------|--|
| JulieJafar | 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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| 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.

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| Author | Posting |
|----------|--|
| IWedRich | Posted - 11 September 2006 17:59   |

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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| Author | Posting |
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| missyjean | Posted - 11 September 2006 8:48   |

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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **dill dip recipe** [Send Topic To a Friend](#)

| 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

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **chipped beef dip** [Send Topic To a Friend](#)

| Author | Posting |
|--------------|---|
| mulligan1201 | Posted - 30 August 2006 15:30   |

This is so good! It is the kind that would normally come in that big rye boat...but who needs that when we have pork rinds to dip. There are a ton of recipes on the net for this but I just whipped some up some here are approximate measurements.

- 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!

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Creole Seasoning** [Send Topic To a Friend](#)

| Author | Posting |
|---|--|
| Sheila0029 | Posted - 28 October 2003 10:14   |
| <hr/> | |
| 2 parts coarse black pepper
1 part each of cayenne, thyme, paprika and sea salt. Mix, store and use as desired | |

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Somersize Ranch Dressing** [Send Topic To a Friend](#)

| Author | 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

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Lots of legal mexican recipes** [Send Topic To a Friend](#)

| Author | Posting |
|--------|--|
| mamabj | Posted - 7 August 2006 15:14   |

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.

mamabj
250/189

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Tonkatsu BBQ Sauce** [Send Topic To a Friend](#)

| Author | Posting |
|--------|---|
| 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

* I didn't have any of this so I used Rice Vinegar
** Used SS of course!!

I heated this to a simmer to bring all the flavors together then let it cool off before I used it.
This does have a kick to it so if you don't like the heat back off on the Sri Racha a bit.
I put this on some pulled pork I smoked today and it was great. I think this would go good with just about any type of meat. My wife thinks it taste like A-1 with a kick.I just think it taste pretty darn good

Edited by - bigdad on 7/30/2006 3:46:44 PM

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Wishbone Carb Options Ranch** [Send Topic To a Friend](#)

| Author | Posting |
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| glitterskate | Posted - 11 July 2006 17:53   |

If anyone is looking for a great storebought Ranch dressing I recommend the Wishbone Carb Options Ranch. It is wonderful and as far as I can see, legal. I ordered Suzanne's Ranch dressing mixes and though it a little bland. The Wishbone is not though and is very yummy!

Glitterskate

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **easiest tom sauce & carbo or fat!** [Send Topic To a Friend](#)

| Author | Posting |
|-------------|---|
| hungryhippo | Posted - 22 June 2006 14:41   |

This is the easiest sauce I've ever made and I love it. It's so simple

- 1 28oz can crushed tomatoes
- 1t crushed/chopped/minced/whatever garlic
- 1/2c broth (vege, beef, or chicken)

- 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 carb meal. The only difference in the two is sauteing the garlic in water or oil. For my pasta I use water of course.

I use the jar of minced garlic in water. I like to add just a touch of the water to the pan to get it going. Once the bottom of your pan is brown (the first time I did this I panicked and thought I ruined it, I'm so used to oil burning) the garlic won't be burnt but the flavor is fantastic. Then add your broth and tomatoes. Cover and simmer about 20 min, the uncover and simmer another 5 or so. Just depends on how thick you like your sauce. I found this recipe is best with rotini noodles. they hold the sauce better. I'm sure there are a ton of recipes out there but this is delicious and easy. Especially if your tired of looking for a sauce with no fat in it!

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | [Send Topic To a Friend](#)
Thread: **September's Enchilada Sauce?**

| Author | Posting |
|-----------|---|
| larubia69 | Posted - 10 July 2006 11:52    |

I'm used to making sauce straight from the chili's, but am interested in September's recipe. Would someone repost it? I did a search and cannot find it.
Thanks
Linda
--

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Three-Herb Chimichurri** [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 cups packed, stemmed fresh cilantro
- 1/2 cup packed, stemmed fresh mint

1. Combine first 8 ingredients (olive oil thru red pepper) in blender; blend until almost smooth. Add parsley, cilantro and mint; puree until almost smooth.
NOTE: Can be made up to 3 hours ahead. Cover and chill.

~ DEDICATION ~ DETERMINATION ~ DISCIPLINE ~
"MsTified (Kate)
05/2001: 148/126 (reached goal)
Back Again: 136/133/126

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Traditional Green Goddess** [Send Topic To a Friend](#)

| 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Best Ever Pizza Sauce** [Send Topic To a Friend](#)

| 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
- ½ t. crushed red pepper flakes or cayenne

- 1. In a Dutch oven, heat oil over medium-high heat. Add onions and garlic and saute.
- 2. In a blender or food processor, add tomatoes with liquid, tomato paste, basil, oregano, sugar, salt and pepper. Process until smooth. Pour into Dutch oven. Add bay leaf and stir in red pepper. Cover and simmer 1-1/2 hours. Note. You can add an 8-oz. can of tomato sauce and use this as a spaghetti sauce, too. It's so much better than the store bought stuff and very easy to make. Make up a large quantity and freeze in ready-to-use portions.

~ DEDICATION ~ DETERMINATION ~ DISCIPLINE ~
MsTified217@hotmail.com

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Wishbone Carb Option Ranch Salad Dressing** [Send Topic To a Friend](#)

| Author | Posting |
|--------------|---|
| glitterskate | Posted - 18 June 2006 16:19   |

I live in Illinois and am looking to try the Wishbone Carb Option Rance Salad Dressing which I have seen posted on the boards is legal for Somersizers. I have looked at Wal Mart and HyVee but did not find it. Does anyone have any ideas? Does anyone know of any other bottled ranch dressing that is legal?

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| 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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| 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 \(Condiments, Dressings and Dips\)](#) | Thread: **homemade mayo- YUM!** [Send Topic To a Friend](#)

| 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!!

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **raspberry viniagrette?** [Send Topic To a Friend](#)

| Author | Posting |
|------------|---|
| chelechele | 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

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Marlboro BBQ Sauce** [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.

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Really good bleu cheese dressing!** [Send Topic To a Friend](#)

| 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 cheese while stirring) and let sit overnight in fridge...enjoy!

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Curry Dip - to die for!** [Send Topic To a Friend](#)

| 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.

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| 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Shrimp Cocktail Sauce** [Send Topic To a Friend](#)

| 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.

- 1/2 cup sf ketchup (I use Westbrae brand)
- 1 teaspoon chili powder
- 3 tablespoons lemon juice
- 1 tablespoon worcestershire sauce
- 1 tablespoon prepared horseradish, NOT sauce
- 1 tablespoon finely minced onion
- 1 tablespoon finely minced celery (optional)
- salt, pepper and Tabasco sauce to taste

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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Black bean humus** [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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **steak marinade** [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.

- 4 Tablespoons oil
- 5 T soy sauce
- 3 T lemon juice
- 1/2 t black pepper
- 1 T wostershire sauce

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **THE BEST Hollandaise** [Send Topic To a Friend](#)

| Author | Posting |
|------------|--|
| Debits2000 | Posted - 18 March 2006 7:4   |

This is made in the blender and is no-fail! You will not believe how easy this is and how good it is. This is so versatile, you can use it on veggies like broccoli, asparagus or with artichokes. You can also use it for Eggs Benedict(recipe at end).

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 cayenne in blender. Heat the butter in a panuntil it starts to bubble. Do NOT let it turn brown. With the cover on the blender, turn it on to HIGH and blend the eggs for 3 seconds, then remove the top [or use the opening in top] and pour the butter over the eggs in a steady stream. By the time the butter is poured in - about 30 seconds- the sauce should be finished. If not, blend for 5 more seconds on high. Serve at once. {NOTE: do not make in a smaller quantity than given, as there would not be enough heat to cook the eggs.} Make 1 cup.
Sauce doesn't reheat well, so use it all.
--From "Joy of Cooking"

To make Eggs Benedict --

Poach eggs, place eggs on a dish, cover with bacon [or ham] and pour hollandaise over them...yum.

Debi
"Everything is better the second time around!"
~~6 weeks later and 9.5 pounds lighter~~

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Sugar Free Spagetti Sauce?** [Send Topic To a Friend](#)

| 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,

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Does anyone remember the southwest dip?** [Send Topic To a Friend](#)

| 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? Anyone have a recipe to re-create it? I LOVE that stuff!

Thanks!
Lisa

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Gorgonzola Dressing** [Send Topic To a Friend](#)

| Author | Posting |
|--------|---------|
|--------|---------|

| | |
|------------------|---|
| Pass the 'taters | Posted - 9 March 2006 15:59   |
|------------------|---|

Gorgonzola Dressing

2 c. mayonnaise
1 c. sour cream
1/2 c. balsamic vinegar
4 garlic cloves, minced
freshly ground black pepper, to taste
2/3 c. gorgonzola cheese (may substitute with blue cheese)

Blend first 5 ingredients in a blender until thoroughly mixed. Add gorgonzola and pulse a few times. Let sit in refrigerator for several hours or overnight 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 company it is always a hit!

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Gorgonzola Dressing** [Send Topic To a Friend](#)

| Author | Posting |
|------------------|--|
| Pass the 'taters | <div>Posted - 9 March 2006 15:59  </div> <hr/> <div>Gorgonzola Dressing</div> <div>2 c. mayonnaise
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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Catalina Salad Dressing** [Send Topic To a Friend](#)

| Author | Posting |
|------------|---|
| Debits2000 | Posted - 5 March 2006 11:30   |

This is my all time favorite and I miss it! Does anyone have a SS version?
Thanks:o)

Debi
"Everything is better the second time around!"

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Catalina Salad Dressing** [Send Topic To a Friend](#)

| Author | Posting |
|------------|---|
| Debits2000 | Posted - 5 March 2006 11:30   |

This is my all time favorite and I miss it! Does anyone have a SS version?
Thanks:o)

Debi
"Everything is better the second time around!"

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Cheese Sauce** [Send Topic To a Friend](#)

| Author | Posting |
|---------|---|
| phoffer | Posted - 4 November 2004 6:53   |

1 c heavy cream
1/2 c water
1 lb cheddar cheese
1/4 tsp garlic salt
1 tsp mustard
1/4 tsp paprika
1/4 tsp worcestershire sauce
use double boiler or pan with water and set bowl ontop add all ingredients and stir frequently until all is melted and smooth
This is great over broccoli cauliflower or other veggies and fish. Enjoy!!

Patricia Hoffer

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **House Seasoning (great on beef!)** [Send Topic To a Friend](#)

| Author | Posting |
|--------------|--|
| iwillrejoice | Posted - 17 February 2006 9:24   |

I've been meaning to re-post this for a while now... I found this seasoning mix as part of a posting by lly72 in the Beef recipe forum here. It's how she seasons her prime rib roasts, & the original recipe apparently came from someone on the Food Network.

I've decided that this mix is something great to just make up & keep in a jar on the back of my stove, for constant use! I love it on all forms of beef, especially steaks. It's as simple as can be, but the proportions are just right - not too salty (IMO).

Anyway, here you go. I cut the recipe by 1/4, for more a more manageable quantity.

House Seasoning, posted by lly72, 10 March 2004.

- 1/4 cup salt
- 1 Tbsp. black pepper
- 1 Tbsp. garlic powder

Mix ingredients together and store in an airtight container for up to 6 months.

How easy is that!?!

Gail

...minus 43 and counting...

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Greek Salad Dressing** [Send Topic To a Friend](#)

| Author | Posting |
|------------|---|
| Debits2000 | Posted - 16 February 2006 18:32   |

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: **Gravy for Raost Beef** [Send Topic To a Friend](#)

| 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Fiesta cheese dip** [Send Topic To a Friend](#)

| 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Original Dill Dip** [Send Topic To a Friend](#)

| Author | Posting |
|---------|--|
| janland | Posted - 11 February 2006 9:56   |

2 C. each of mayo and sour cream
3 Tbs. onion flakes
2 Tbs. dill weed
1 Tbs. parsley flakes
2 tsp. accent
2-3 tsp. Lawry's Seasoned salt

Blend and chill well. Use with cut, raw veggies.

Janice

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Tomato Yogurt Dressing** [Send Topic To a Friend](#)

| 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
- 1/2 tsp sugar (substitute equivalent)
- 1/4 tsp salt
- 1 Tbsp tomato sauce

Combine all ingredients, chill before serving.

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Elaine's Puttanesca Sauce** [Send Topic To a Friend](#)

| Author | Posting |
|-----------------|--|
| wired_foxterror | Posted - 22 April 2004 16:29   |

Elaine's Puttanesca Sauce

- 1 tsp olive oil
- 1 cup chopped onion
- 4 minced garlic cloves
- 2 tsp balsamic vinegar
- ¼ Tbsp Somersweet (1 Tbsp Splenda)
- 1 Tbsp chopped fresh basil (2 tsp dried)
- 2 Tbsp tomato paste
- ½ tsp Italian seasoning
- ¼ tsp black pepper
- 2 cans diced tomatoes – do not drain
- ¼ cup pitted olives (green)
- 2 Tbsp chopped fresh parsley
- 1 Tbsp capers
- ½ tsp anchovy paste
- ¼ tsp crushed red pepper

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!

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(Easy*Easy)

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- 1 cup chopped onion
- 4 garlic cloves, minced
- 2 Tbsp balsamic vinegar
- ¼ Tbsp Somersweet (or 1 Tbsp Splenda)
- 1 Tbsp chopped fresh basil (or 2 tsp dried basil)
- 2 Tbsp tomato paste
- ½ tsp Italian seasoning
- ¼ tsp black pepper
- 2 cans diced tomatoes – do not drain (14.5 oz can size)
- 2 Tbsp chopped fresh parsley (or cilantro)

Heat oil in saucepan over medium hi heat. Add onion and garlic – sautee 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 – 15 mins for “fresh” firm tomatoes – 30 mins for more of a blended sauce – and stir in parsley.

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!

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Shroom Dip** [Send Topic To a Friend](#)

| 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **another "Shroom" Dip** [Send Topic To a Friend](#)

| 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 teaspoon 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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| Author | Posting |
|-----------|--|
| carolannb | Posted - 31 January 2006 13:16   |

I just made this today and it was pretty tasty.

- 1/2 c sf ketsup
- zest and juice from 1/2 lemon
- 1/4 tsp Worcestershire sauce
- 1-1/4 tsp horseradish
- 1 tsp Splenda

Enjoy!

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Lemon Vinaigrette** [Send Topic To a Friend](#)

| 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Creamy Spinach Dip** [Send Topic To a Friend](#)

| Author | Posting |
|---------|--|
| Emerald | Posted - 11 December 2005 9:57   |

CREAMY SPINACH DIP

- 1 8-ounce package of cream cheese (cube it)
- 2 TBSP grated Parmesan cheese
- 2 TSP finely chopped onion
- 1/2 TSP thyme
- 1/2 of 10-ounce box frozen chopped spinach, thawed and drained (save the other 5 oz for another time)
- 1/4 cup whipping cream
- 2 TBSP diced pimento
- 1/4 TSP garlic salt
- 1 TSP Worcestershire sauce

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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Creamy Spinach Dip** [Send Topic To a Friend](#)

| Author | Posting |
|---------|--|
| Emerald | Posted - 11 December 2005 9:57   |

CREAMY SPINACH DIP

- 1 8-ounce package of cream cheese (cube it)
- 2 TBSP grated Parmesan cheese
- 2 TSP finely chopped onion
- 1/2 TSP thyme
- 1/2 of 10-ounce box frozen chopped spinach, thawed and drained (save the other 5 oz for another time)
- 1/4 cup whipping cream
- 2 TBSP diced pimento
- 1/4 TSP garlic salt
- 1 TSP Worcestershire sauce

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.

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Spinach Dip Recipe** [Send Topic To a Friend](#)

| Author | Posting |
|--------|--|
| mamabj | Posted - 25 January 2006 12:16   |

Does anyone have a Spinach Dip Recipe and what do you serve it with?

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Mustard Dipping Sauce

| 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.

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Cilantro Cream** [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 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

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| 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Sweet n' Sour Oil and Vinegar Dressing** [Send Topic To a Friend](#)

| Author | Posting |
|-------------|---|
| naturelover | Posted - 16 February 2004 22:56   |

I have adapted my Mom's own creation which has become our entire extended family's favorite--as 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 products--no 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.

Also--because the olive oil tends to "set up" in the frig. it is good to set it 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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| Author | Posting |
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| vertically_challenged | Posted - 18 February 2004 13:9   |

Anyone have any good gravy recipes!?

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| Author | Posting |
|---------|--|
| FrozH2O | Posted - 10 November 2005 6:44   |

(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 equivalent
- 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Aunt Lavella's Blue Cheese Dressing**

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| 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Super Easy Lemon Sauce for Fish or Vegies** [Send Topic To a Friend](#)

| Author | Posting |
|-----------|---|
| BlondeTaz | Posted - 30 November 2005 12:28   |

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

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Princess Tudy's Tuscan Rubs** [Send Topic To a Friend](#)

| Author | Posting |
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| Rondaren | Posted - 20 July 2005 8:47   |

PrincessTudy

On RecipeSouce.com, I found some "RUB" combinations (specified for beef, but probably super for pork, seafood, & poultry as well) that I thought might be helpful for those of us who'd like to *fill* our kitchens with tantalizing fragrances without *emptying* our pocketbooks.

Suzanne has emphasized what a huge difference SEA SALT makes, so you may want to make some adjustments, i.e., substitute sea salt for the salt listed, replace onion salt with a combination of onion powder & sea salt, etc. ALSO--check the lemon pepper and seasoning salt for prohibited ingredients (although they may be such a minimal presence that you won't object). And, once a mix has proven itself to you, I'd certainly make a large batch to have on hand--in this case, it takes no longer to make a *lot* than a *little*!

=====
TUSCAN SALT RUB Dry Recipe 1

(made with fresh herbs...you could have these rubs on hand in *dried* versions by doubling/tripling/whatever-ing the ingredients, drying, and storing)

- 1 garlic clove
- 1 tablespoon kosher salt
- 1 small bunch fresh sage (about 30 leaves)
- 2 sprigs fresh rosemary

On a cutting board, mince the garlic with the salt. Place the herbs in a mound and coarsely chop them. Add the garlic salt and chop them together to make a coarse rub. Use the salt right away, or let it dry, uncovered, in a bowl for a few days.
The dried salt rub can be stored indefinitely in a clean dry jar.

=====
TUSCAN SALT RUB Dry Recipe 2

- 3 cloves garlic, minced
- 2 teaspoons minced fresh rosemary
- 2 teaspoons minced fresh sage
- 1 teaspoon freshly cracked black pepper
- 2 teaspoons kosher salt

(same directions as above)
=====
TUSCAN SALT RUB Fresh Recipe
(this version contains olive oil, and the rub is to be used when you're also cooking fresh cloves of garlic along with the meat--so the garlic content will be in the dish, just not in the rub itself):

- 1 tablespoon chopped fresh rosemary
- 1 tablespoon chopped fresh thyme
- 1/8 teaspoon salt
- 1/8 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...

FORGET YOUR TROUBLES AT THE CASTLE!!!

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Princess Tudy's Rubs** [Send Topic To a Friend](#)

| Author | Posting |
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| Rondaren | Posted - 20 July 2005 8:46   |

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Herbs de Provence Spice Mix

3 T. Dried marjoram
3 T. Dried thyme
3 T. Dried savory
1 tsp. Dried basil
1 tsp. Dried rosemary
1/2 tsp. Dried sage
1/2 tsp. Fennel seeds
AND
1 T. Dried LAVENDAR

Combine all ingredients.

Mix well and spoon in small jars.

Makes 3/4 cup.

Use to season chicken, vegetables or meat.

=====

Orleans Pepper Rub

1/2 teaspoon ground red pepper
1/2 teaspoon ground white pepper
1/4 teaspoon black pepper
1/2 teaspoon onion powder
1/4 teaspoon salt

=====

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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Princess Tudy's Rubs** [Send Topic To a Friend](#)

| Author | Posting |
|----------|--|
| Rondaren | Posted - 20 July 2005 8:46   |

PrincessTudy

On RecipeSouce.com, I found some "RUB" combinations (specified for beef, but probably super for pork, seafood, & poultry as well) that I thought might be helpful for those of us who'd like to *fill* our kitchens with tantalizing fragrances without *emptying* our pocketbooks.

Suzanne has emphasized what a huge difference SEA SALT makes, so you may want to make some adjustments, i.e., substitute sea salt for the salt listed, replace onion salt with a combination of onion powder & sea salt, etc. ALSO--check the lemon pepper and seasoning salt for prohibited ingredients (although they may be such a minimal presence that you won't object). And, once a mix has proven itself to you, I'd certainly make a large batch to have on hand--in this case, it takes no longer to make a *lot* than a *little*!

Herbs de Provence Spice Mix

3 T. Dried marjoram
3 T. Dried thyme
3 T. Dried savory
1 tsp. Dried basil
1 tsp. Dried rosemary
1/2 tsp. Dried sage
1/2 tsp. Fennel seeds
AND
1 T. Dried LAVENDAR

Combine all ingredients.

Mix well and spoon in small jars.

Makes 3/4 cup.

Use to season chicken, vegetables or meat.

=====

Orleans Pepper Rub

1/2 teaspoon ground red pepper
1/2 teaspoon ground white pepper
1/4 teaspoon black pepper
1/2 teaspoon onion powder
1/4 teaspoon salt

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Tex-Mex Rub

1 teaspoon chili powder
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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: *** Quickie Ketchup [Send Topic To a Friend](#)

| 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: **Somersize Barbecue 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Creamy Cole Slaw w/ Blue Cheese** [Send Topic To a Friend](#)

| Author | Posting |
|------------|--|
| dheilman50 | 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:

- 1/2 cup mayo
- 1/2 cup sour cream
- 2 TBL white wine vinegar
- 1 TBL water
- 1 TBL sugar (Splenda, Summersweat, etc)
- 1/3 cup crumble blue cheese of choice, or more to taste.
- 1/4 teas. grd. black pepper
- 6 to 7 cups of shedded cabbage.

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

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Cheesy-Beefy dip** [Send Topic To a Friend](#)

| Author | Posting |
|------------|--|
| LoveSweets | Posted - 19 January 2005 14:40   |

My family loves it when I make this dip; it's a super bowl, Nascar sunday staple at my house....normally it's served with big rolls, kinda like bbq beef sandwich rolls... But I enjoy it with crudite's & on pork rinds (yeah, I'm weird! lol) I just realized that Velveeta is legal! Horaay! So here it is:

3/4 of one large loaf Velveeta
~OR~ 1 small loaf Velveeta & 1 small loaf Mexican style Velveeta (the one w/spices & peppers in it)
1 or 2 cans Shredded Roast Beef, drained a bit, not dry, leave a bit of the juice
1 small can, drained, chopped green chiles
1 small white onion, chopped/diced & sauteed til soft & translucent
one 2 to 4 qt slow cooker

Cube the velveeta & place in slowcooker, add the beef, the green chiles & onions. Stir to combine, turn the heat to low (or medium if yours has that setting, this works best, high will burn the cheese at the edges)& stir every 10 minutes or so, until the cheese is completely melted & the meat is heated thru. You can add more beef, or chiles or Velveeta to make it the consistency of your preference...I've listed what works best for my family's tastes. This takes differant amounts of time depending on your slowcooker; mine takes about 40-45 mins on low, 25-30 mins on med., my moms cooker takes about 50 mins on low & has no medium setting. Serve with your choice of veggies or pork rinds & for those who aren't SS'ing, big rolls. You can keep it on low in the slow cooker for a while also, if you're having a party.

I hope those that try this enjoy it as much as my family does. This is a bit versatile as I sometimes add a wee bit (teaspoon size) of chopped canned jalapeno's if my hubby wants it spicier, or I'll use 2 small loaves of Mexican style velveeta. You can add hot sauce to it also, if you like. When I have my 'hot-mouth'(spice fiends) friends over, I make it all up, divide it into 2 dishes, 1 hot & 1 regular; to the hot I add red pepper flakes, a good fat pinch of cayenne pepper & a dash of green or red tobassco to one for them. Enjoy! Any feedback you have is certainly welcomed!

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Ancho Chile Butter** [Send Topic To a Friend](#)

| Author | Posting |
|--------------|--|
| iwillrejoice | Posted - 15 October 2005 19:45   |

This is unusual & very rich in taste. Garlic & the ancho chile are toasted, which is a Mexican technique for releasing their flavors. The chile is then softened, & finally puréed, into a delicious compound butter. Try it on eggs, meat, or veggies. From The Cuisine of California.

Ancho Chile Butter

- 2 cloves garlic, unpeeled
- 1 large ancho chile
- 6 tablespoons (3/4 stick) unsalted butter
- 1/4 teaspoon salt

Place garlic in small skillet over medium-high heat.
Toast garlic by heating cloves & turning as they begin to brown. When light brown in color, remove from heat.
Peel garlic.
In same skillet, heat chile over medium heat until it begins to expand & flesh is soft. It should smell rich but should not be charred.
Remove from heat.
Slit chile open.
Remove seeds & any veins.
Place chile in small bowl.
Pour boiling water over chile to cover, & let soften for 30 minutes.
Remove from water.
In food processor fitted with steel blade, purée chile & garlic.
Add butter & salt, & process until combined.
Taste for seasoning.
Spoon onto piece of waxed paper, & roll up in form of a log.
Refrigerate at least 2 hours.
To serve, slice cold butter & place slices on top of food. Serve immediately.

Yields 1/2 cup

Advance Preparation: May be kept up to 3 days in refrigerator.

This is not HOT, just rich & good. I really like it melted on steak &/or sauteed yellow squash.

Gail

...minus 27 and counting...

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Carb Dressing** [Send Topic To a Friend](#)

| 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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[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 whatever because it is so yummy!

Lori
235/203/200

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Creamy Tarragon Dip** [Send Topic To a Friend](#)

| Author | Posting |
|----------|---|
| matantej | Posted - 1 October 2005 11:49   |

Creamy Tarragon Dip

1 8-oz. package cream cheese, softened
1/2 cup sour cream
1 clove garlic, minced
1 Tbsp. fresh tarragon, chopped
1/4 cup green onions, chopped
1 tsp. fresh lemon juice

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 \(Condiments, Dressings and Dips\)](#) |

Thread: **Substituting different vinegars in dressings?**

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| 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 of personal preference? Have you found you preferred the substitution to the original?

I don't want to replace my rice vinegar with one of these others if it'll throw off the balance...and then have to toss a bottle of dressing...so any feedback appreciated.

TIA,

cam

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Chili Sauce** [Send Topic To a Friend](#)

| Author | Posting |
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| chefskid | Posted - 8 September 2005 12:17   |

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: **zesty italian dressing** [Send Topic To a Friend](#)

| Author | Posting |
|---------|--|
| Niteowl | Posted - 29 July 2005 2:41   |

Does anyone have a recipe for this? I am not able to find any in stores without sugar. Thanks, niteowl.

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **hidden valley dip?** [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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Dressing for Broccoli or Asparagus** [Send Topic To a Friend](#)

| Author | Posting |
|--------------|---|
| iwillrejoice | Posted - 21 June 2004 16:42   |

I guess I've been making this sauce for my broccoli since the 1970's. It's very rich & delicious. The recipe didn't need any changing at all to fit into this WOE. A friend of mine, who doesn't SS, uses it as a dip for cooked broccoli florets.

I sure can eat a lot more broccoli when I have this on it! :-D From Little Rock Cooks.

Dressing for Broccoli or Asparagus

- 1/2 cup butter
- 1 1/2 cups mayonnaise
- 2 tablespoons horseradish
- 1 teaspoon instant minced onion
- 1/4 teaspoon dry mustard
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon vinegar

Melt butter; remove from heat.
Add remaining ingredients, & stir until smooth & well-blended.
Heat (do not boil!) & serve over cooked vegetables.

Gail

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| Author | Posting |
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|--------|---------|

| | |
|----|---|
| gi | Posted - 10 August 2005 18:19   |
|----|---|

Hi
anyone out there have rec.for pesto sauce..or another sauce good for the zuchini noodles....I make the white sauce but am looking for red sauce as I just picked up alot of fresh cheap zuchini.Thanks

gi

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Fat-Free French Dressing** [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

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Bacon Tomato Dip** [Send Topic To a Friend](#)

| 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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| Author | Posting |
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| Niteowl | Posted - 29 July 2005 2:44   |

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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Easy, fast 1000 Island Dressing** [Send Topic To a Friend](#)

| 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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| 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

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **appology** [Send Topic To a Friend](#)

| Author | Posting |
|------------|--|
| dheilman50 | Posted - 22 June 2005 6:48   |

Sorry, I should have posted this under "Stuffage and 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 & Easy Book. I was wondering if anyone know the recipe for Suzanne's Lemon Dill Mayonnaise? I'm cooking Steamed Asparagus tonight and would like to try it.

Thanks

Dina

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| Author | Posting |
|-----------------|--|
| wired_foxterror | 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.

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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Olive Garden Dressing....** [Send Topic To a Friend](#)

| 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 - 5 June 2005 0:35   |

Hi all,
I found this recipe, haven't had a chance to try it yet. Thought you all might like it. It is a sauce for things so I put it here.

Shortcut Sauce

1/4 cup (1/2 stick) butter
2 egg yolks
2 teas. lemon juice
1/2 teas. dried tarragon
1/8 teas. salt

In a small micro. safe bowl, heat the butter at 90% power for 40 sec. or until melted. In a small bowl beat the egg yolks, lemon juice, tarragon, and salt until thick. Slowly pour the melted butter, whisking constantly until well combined. Micro. uncovered at 40% power for 60 seconds stirring the sauce every 20 seconds.

Pour over grilled favorites, veggies, eggs, seafood dishes.

GARNET2002

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Maui Style Huli-Huli Sauce** [Send Topic To a Friend](#)

| Author | Posting |
|---------------|---|
| Scott on Maui | <div>Posted - 16 May 2005 12:33  </div> <hr/> <p>Here's a great recipe for a merinade or stir-fry sauce:</p> <p>1 24oz Bottle Huli-Huli Sauce or low sodium soy sauce.
3 cloves garlic--smashed.
1 piece fresh ginger approx 2-3 inches long, sliced into thin strips.
Sweetner to taste.</p> <p>Pour the Huli Sauce into a large bowl and add the smashed garlic, ginger, sweetner.</p> <p>Let sit overnight in the fridge, then strain the liquid back into the bottle.</p> <p>Discard the remains of the garlic and ginger.</p> <p>This makes a WONDERFUL stir-fry sauce or merinade...direct from Lahaina Maui.</p> <p>Aloha!!</p> <p>Scott on Maui
254/239/200</p> |

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Simple marinade** [Send Topic To a Friend](#)

| Author | Posting |
|------------|--|
| JCnmyheart | Posted - 31 May 2004 10:16   |

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Sprinkle steak or chicken liberally with garlic powder (not salt).. I mean we use a ton of it!!

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JCnmyheart <><

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Tangy Coleslaw Dressing** [Send Topic To a Friend](#)

| Author | Posting |
|--------|--|
| momof7 | Posted - 24 May 2005 12:49   |

1 1/2 cups plus 2 tablespoons mayonnaise
6 tablespoons plus 1 teaspoon sugar (use artificial sweetener equivilent)
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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Bacon Cheese Dip** [Send Topic To a Friend](#)

| 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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[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   |

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](#)

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **restaurant dressing L1** [Send Topic To a Friend](#)

| 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | [Send Topic To a Friend](#)
Thread: **September'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!!

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **I LOVE GARLIC Mayo** [Send Topic To a Friend](#)

| 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 stop....I started dipping everything I could find into it.

This is so versatile, 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

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| Author | Posting |
|--------|---|
| tkg33 | Posted - 27 April 2005 7:43   |

I'm looking for a recipe for the white sauce you get at Japanese restuarants....if I had to guess I would say mayo...horseradish...and some other things...HELP!

Waiting for the Melt!

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **The "Grand" Slam of 1000 Islands**

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| Author | Posting |
|--------|---|
| karma | Posted - 4 October 2003 20:45   |

1 1/2 cup mayonnaise
2 Tbsp tomato paste
2 Tbsp minced dill pickles (I use the kind in the jar)
dash Worchestershire sauce
1 Tbsp vinegar
2 pkts sweetener
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.

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Roasted Red Pepper Dressing** [Send Topic To a Friend](#)

| Author | Posting |
|------------|---|
| sharonm516 | Posted - 9 April 2005 8:9   |

I have made this for years, but nevermeasured it out until last night when I thought how great it would be to put here. I hope you enjoy!!

Roasted Red Pepper Dressing
2 large red bell peppers, whole (you can use the jarred roasted ones, but watch the ingredients)
1/2 c. olive oil (I like the dark oil for more flavor, but its your preference)
1/4 c. red wine vinegar
2 large cloves of garlic, roughly chopped
1 tsp. onion powder (optinal)
1/4 tsp. curry powder (optional)
1/4 tsp salt (or to taste)
dash of black pepper (or to taste)

If you are using fresh red bell pepper you will need to roast them. I usually do this on the grill outside by placing them on the hottest area of the grill and turning them until the skin is charred. If you are doing this inside you can use your oven on broil...just keep an eye on them so they dont char all the way through.
Once the peppers are roasted let them cool and peel off the outer skin (it should just fall off, cool slightly. Cut the skinned pepper in half and clean out seeds inside. Then chunk pepper and place into blender. Add garlic into blender. Add onion powder, curry, salt and pepper. Cover blender and pulse until almost smooth and slightly pastey. Then add vinegar and blend until well mixed. Place mixture on lowest setting of blender and slowly drizzle in olive oil as it continues to blend to emulsify the dressing.

Keep in glass curette (which I used to use for the funky Italian dressing mixes) and use as needed.
Let me know if you have any questions or any other variations you have.
Sharon
234/230/just the beginning of a wonderful journey

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Beau Monde Dip** [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 salads..very simple

equal parts of mayo and sour cream
dill weed...I 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Blu Cheese Dip/Dressing** [Send Topic To a Friend](#)

| Author | Posting |
|---------|--|
| phoffer | <div>Posted - 31 March 2005 9:58  </div> <hr/> <div>1/3 Cup Mayonaise
1/3 Cup sour cream (Daisy)
4 to 6 oz. blue cheese</div> <div>Crumble blue cheese and mix all well, chill
for a few hours in fridg.</div> <div>Patricia Hoffer</div> |

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Zucchini spread** [Send Topic To a Friend](#)

| Author | Posting |
|----------|---|
| matantej | Posted - 31 March 2005 3:59   |

This looks good and thought I would share. Janet

Appetizer: Zucchini Spread

- 3 cups zucchini shredded
- 2 cloves garlic, minced
- 2 Tbsp. olive oil
- 2 Tbsp. lemon juice
- 4 Tbsp. fresh cilantro chopped
- 8 oz. cream cheese softened
- salt and pepper to taste

Combine all ingredients in a food processor and blend well. Chill for at least 1 hour before serving. Serve with cheese crackers, or fresh vegetables.

started over again 1-1-05
286/271/?

Edited by - matantej on 3/31/2005 4:00:50 AM

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Jalapeno Dip** [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 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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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 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Spicy Vegetable Dip**

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| 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 for several hours before serving with raw vegetables or crackers.

<http://www.arcamax.com/cgi-bin/news/story/1006/1029/22817/176673>

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Legal Guacamole** [Send Topic To a Friend](#)

| Author | Posting |
|-------------|---|
| PinkPenguin | Posted - 9 March 2005 10:27   |

Thought this would be could to repost now that asparagus is so plentiful!!

I was in the mood for some guacamole and through together this recipe. I'm not sure of the exact measurements - I just mixed 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 (about 10 minutes). Place asparagus into food processor and process until smooth. Add remaining ingredients and puree until smooth.

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **red colored salad dressing** [Send Topic To a Friend](#)

| Author | Posting |
|-----------|---|
| cubbiegal | Posted - 9 March 2005 5:6   |

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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Southwest Dressing** [Send Topic To a Friend](#)

| Author | Posting |
|-----------|---|
| sockim123 | Posted - 14 February 2005 12:47   |

This is a wonderful creamy dressing with a southwest flavor. Not too spicy. Excellent over spring salad mix.

Southwest Dressing
1 1/2 C. mayo
2/3 C. picante salsa
2 limes - juice
1/2 t. cumin
1/2 t. chilli powder
1/2 bunch cilantro, chopped

Combine ingredients night before serving, refrigerate.

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| 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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| 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!!!

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| 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 minutes. Taste, adding 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

Patricia Hoffer

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Easy as one, two dip** [Send Topic To a Friend](#)

| 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.

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) |
Thread: **Horseradish Dill Sauce**

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| 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

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| Author | Posting |
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|--------|---------|

| | |
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| allo | Posted - 11 February 2005 11:38   |
|------|---|

I've lost the receipe for ketchup 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **suzannes, ranch dressing** [Send Topic To a Friend](#)

| 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 fat....for my sandwiches

what would you suggest???

Thanks

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Jimmac's French Dressing** [Send Topic To a Friend](#)

| Author | Posting |
|----------|--|
| jimmac86 | Posted - 28 January 2005 19:45   |

- 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **poppyseed dressing** [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

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **sauces you reduce** [Send Topic To a Friend](#)

| 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Quick Delish Sauce for Meats, Fish, or Veggies**

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| Author | Posting |
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|--------|---------|

Erinn

Posted - 23 December 2004 9:22  

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 ...

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 infinite 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Quick Delish Sauce for Meats, Fish, or Veggies**

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| Author | Posting |
|--------|---------|
|--------|---------|

Erinn

Posted - 23 December 2004 9:22  

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 ...

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 infinite ways to change the flavor. And it cooks very quickly - as quickly as any package mix with all the icky stuff in it.

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Easiest Cranberry Sauce/Relish** [Send Topic To a Friend](#)

| Author | Posting |
|-----------------|--|
| wired_foxterror | Posted - 14 November 2004 8:46   |

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 refrigerator.

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 CANNOT COOK ANYTHING. I gave her this recipe last year so she could contribute something to the family meal. She made it herself, called me ecstatic as it "came out perfect", then called me in tears the next morning as she had eaten it all!!!! I had her make another quick batch, put it in the freezer to cool it down quickly and then put it in the fridge to set til she left for her Mom's. Her family was incredulous that she had brought anything, afraid to try it and amazed that it was so good. They now have turkey for every family holiday including birthdays so she can bring her specialty.

wired fox terror

wiredfoxterror

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Red Pepper Jam** [Send Topic To a Friend](#)

| Author | Posting |
|-----------------|---|
| wired_foxterror | Posted - 21 December 2004 15:24   |

6 large sweet red peppers
2 Tbsp salt
1 cup cider vinegar
2 cups sugar substitute
red food coloring

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

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Heinz Like?** [Send Topic To a Friend](#)

| Author | Posting |
|--------|---------|
|--------|---------|

SizzLynn3 Posted - 25 September 2004 19:34  

Heinz-like Ketchup – from Chuck Dudek
12 oz. tomato paste
12 oz. water
6 oz. vinegar
Legal Sweetener (The original recipe called for 10 Equal tablets or 5 packets)
1 teaspoon onion powder
1 tablespoon salt
(optional) pinch of cloves, cumin, other spices you might like
Dissolve Equal tablets in water then add remaining ingredients. Blend until combined.
54 grams in entire recipe. 1 gram per tablespoon (about 1/4 Heinz)
If you've been wanting something like Open Pit or Heinz BBQ sauce, this ain't it, but it's

I haven't tried this recipe but it looks good

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| Author | Posting |
|-----------------|---|
| wired_foxterror | Posted - 21 December 2004 15:29   |

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

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| Author | Posting |
|---------|---|
| phoffer | Posted - 22 December 2004 8:4   |

1/2 lb cooked ham, chopped
2 small dill pickles
1 1/2 cups cheddar cheese, shredded
3 hard cooked eggs, chopped
1/2 cup sour cream
1 tb dijon mustard
1/4 tsp worcestershire sauce
dash tabasco

Place in blender the ham, pickles, cheese and eggs. Blend until smooth. Add sour cream, mustard, worcestershire sauce, and tabasco. Blend until smooth, Use as a spread for celery or as dip for veggies

Patricia Hoffer

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **mushroom rub recipes** [Send Topic To a Friend](#)

| Author | Posting |
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| Nutmeg | Posted - 17 September 2004 12:57   |

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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Hot Pizza Dip** [Send Topic To a Friend](#)

| Author | Posting |
|---------|--|
| phoffer | Posted - 5 November 2004 9:0   |

1 8 Oz. package cream cheese softened
1/2 c sour cream
1/4 tsp dried basil, crushed
1/4 tsp garlic powder
1/2 c pizza sauce
1/4 c pepperoni, chopped
1/4 c onions, chopped
1/4 c green peppers, chopped
1 c mozzarella cheese, shredded
Preheat oven to 350 degrees
mix together the cream cheese, sour cream
basil and garlic powder,spread the mixture
into a 9 inch pie plated. Pour the pizza
sauce on top of the cheese mixture. Top
with the pepperoni, onions and green peppers
Bake for 10 minutes remove and sprinkle with
the mozzarella cheese and cook for 5 more
minutes or until cheese is melted.
Serve with veggies, tastes fabulous with
zucchini. Note* you could probably use
some oregano with the basil if you want.
Enjoy!!!

Patricia Hoffer

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| Author | Posting |
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| beebee1 | Posted - 18 February 2004 7:41   |

I would like a copy of Starlite's honey mustard recipe. Thanks.

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| 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 taste
Combine ingredients in small bowl and whisk together until blended well.
Keep refrigerated.

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **anti vampire dip**

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| 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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| Author | Posting |
|----------------|--|
| Cinderella1124 | Posted - 16 November 2004 7:12   |

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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Double Salmon Dip** [Send Topic To a Friend](#)

| Author | Posting |
|----------|--|
| Nanarb58 | Posted - 13 November 2004 6:52   |

This recipe is so quick and easy to make-it is delicious! (I skipped the caviar and substituted heavy cream for the milk)Enjoy!

DOUBLE-SALMON DIP

Be sure to use the whipped cream cheese sold in tubs—it will give this dip a smooth, light texture—and not the regular cream cheese in blocks. If the dip seems a little salty, just serve it with unsalted chips.

- 2 8-ounce containers whipped cream cheese
- 3 tablespoons whole milk (heavy cream)
- 4 ounces thinly sliced smoked salmon, cut into 1/2-inch pieces
- 2 tablespoons chopped fresh chives
- 1 2-ounce jar red salmon caviar

Using rubber spatula, mash whipped cream cheese and milk in medium bowl to blend. Fold in salmon and 1 tablespoon chives. Season with pepper to taste. Gently fold in caviar. Cover and refrigerate 2 hours to blend flavors. (Can be made 1 day ahead. Keep refrigerated.) Sprinkle dip with remaining 1 tablespoon chives. Serve dip chilled.

Makes about 3 cups.
Bon Appétit
March 2001

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| Author | Posting |
|----------|--|
| Nanarb58 | Posted - 13 November 2004 6:52   |

This recipe is so quick and easy to make-it is delicious! (I skipped the caviar and substituted heavy cream for the milk)Enjoy!

DOUBLE-SALMON DIP

Be sure to use the whipped cream cheese sold in tubs—it will give this dip a smooth, light texture—and not the regular cream cheese in blocks. If the dip seems a little salty, just serve it with unsalted chips.

- 2 8-ounce containers whipped cream cheese
- 3 tablespoons whole milk (heavy cream)
- 4 ounces thinly sliced smoked salmon, cut into 1/2-inch pieces
- 2 tablespoons chopped fresh chives
- 1 2-ounce jar red salmon caviar

Using rubber spatula, mash whipped cream cheese and milk in medium bowl to blend. Fold in salmon and 1 tablespoon chives. Season with pepper to taste. Gently fold in caviar. Cover and refrigerate 2 hours to blend flavors. (Can be made 1 day ahead. Keep refrigerated.) Sprinkle dip with remaining 1 tablespoon chives. Serve dip chilled.

Makes about 3 cups.
Bon Appétit
March 2001

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **salt and mushroom rubs** [Send Topic To a Friend](#)

| 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | [Send Topic To a Friend](#)
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
1/4 teaspoon pepper
1 Tablespoon somersweet(1/2 cup sugar equiv.)
1/2 teaspoon paprika
1/2 teaspoon dry mustard
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

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **What NOT To Do BBQ Sauce Recipe...** [Send Topic To a Friend](#)

| Author | Posting |
|---------|--|
| FrozH2O | Posted - 28 August 2004 8:52   |

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.

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 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.

However, I do recommend the salt rub on beef or chicken.. Just not with ketchup.

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **B-BQue Sauce** [Send Topic To a Friend](#)

| Author | Posting |
|------------|---|
| lbsGottaGo | Posted - 9 October 2004 13:48   |

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 help.....I am out of sauce!

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **The Best Blue Cheese Dressing** [Send Topic To a Friend](#)

| 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.

- 3 ounces blue cheese, crumbled (about 3/4 cup)
- 5 Tablespoons cream
- 5 Tablespoons sour cream
- 3 Tablespoons mayonnaise
- 1 Tablespoon white wine vinegar
- 1/8 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

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 which uses buttermilk and sugar.

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| Author | Posting |
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| Gerilynn | Posted - 24 September 2004 10:36   |

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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Salad Dressings - minus the OIL???**

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| Author | Posting |
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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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| 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Teriyaki Marinade** [Send Topic To a Friend](#)

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **cilantro chutney** [Send Topic To a Friend](#)

| Author | Posting |
|------------------|--|
| notsoskinnyminny | Posted - 12 September 2004 19:33   |

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.

So here my little contribution.

This chutney is great for a veggie sandwich with tomato, cucumberand red onion also with fish and chicken

Cilantro chutney

2 bunches of cilantro (ends removed but keep thinner stems)

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 like it)

salt and pepper to taste

chop the tomato, onion,garlic and jalapeno into large chunks and put them in the bottom of you blender

add cilantro bunches, salt and pepper and 1/4 of lemon juice

blend all for 2-3 minutes

should look like a pesto

taste and adjust seasoning

hope you like this...

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| Author | Posting |
|-----------------|---|
| wired_foxterror | Posted - 8 January 2009 18:29   |

Zucchini Butter
You won't believe how amazingly good this is, tastes just like homemade apple butter. AND this is a veggie so it can be used as a spread on crusty carbos like breads, muffins. Or it can be used with pro/fats and/or veggies.

Zucchini Butter (Level 1)

peeled and seeded zucchini to make 4 cups coarsely chopped
4 tablespoons vinegar
1 teaspoon lemon juice
2 cups sugar substitute (I use W hey L ow)
1 teaspoon powdered cinnamon
2 drops of red food coloring

Add zucchini and vinegar to blender. Blend until smooth.

Pour the zucchini mixture into a large saucepan. Add the rest of the ingredients and mix. Turn heat on low to medium-low and allow to simmer for 3 to 3 3/12 hours, stirring occasionally, until the mixture is thick. Remove from heat, allow to cool and then refrigerate.

Enjoy!

Foxye
Somersizing since 01/03
230/165/165

Visit my blog at www.wiredfoxterror.blogspot.com

Join us in the Yahoo Somersizing Group!
<http://groups.yahoo.com/group/Somersizing>

A smile is a curve that sets everything straight.

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **caeser dressing** [Send Topic To a Friend](#)

| Author | Posting |
|--------|---|
| Rinky | <div>Posted - 15 March 2005 14:27  </div> <hr/> <div>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.</div> |

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Caesar Salad Dressing** [Send Topic To a Friend](#)

| Author | Posting |
|------------|--|
| lbsGottaGo | Posted - 6 January 2009 9:19   |

I use to have a recipe from the boards for Caesar Salad Dressing that was great. It used Olive oil, Parmesan Cheese, Brown Mustard and Anchovy Paste are the only ingredients I remember. Can anyone help me out with ingredients

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Maple Syrup** [Send Topic To a Friend](#)

| Author | Posting |
|-----------------|---|
| wired_foxterror | Posted - 22 December 2008 18:44   |

Make your own maple syrup - it is so so so easy and so so so good!

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

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Mexican Rollups or Dip** [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 it as a dip with the 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 cream and spices until well combined. Spread on lettuce leaves, top with chopped tomatoes, green onions and cheese. Roll up and serve.

For a dip, mix together the cream cheese, sour vream and spices until well combined. Transfer to a bowl. Layer chopped tomatoes, green onions and shredded chese on top. Serve with cheese crisps or celery sticks for dipping.

Enjoy!

Foxye
Somersizing since 01/03
230/165/165

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Texan Tomato Relish** [Send Topic To a Friend](#)

| Author | Posting |
|-----------------|---|
| wired_foxterror | Posted - 11 November 2008 4:8   |

This is excellent on burgers or anything you would use ketchup on. It is even good stirred into veggies.

Texan Tomato Relish

- 1 tablespoon olive oil
- 1/2 cup finely chopped vidalia onion
- 1 cup diced canned tomatoes
- 2 tablespoons apple cider vinegar
- 2 tablespoons brown sugar substitute (I use W L Gold)
- 1 pickled jalapeno, finely chopped
- salt

Heat olive oil in a medium saute pan over medium heat. Add onions and cook until they soften and turn light brown. Do not burn,

Add tomatoes, sugar substitute and chopped jalapeno. Bring to a boil, then turn down the heat and simmer for 25 to 35 minutes. The relish will be thick and have a jamlike consistency. Season with salt to taste.

Store in a jar with a lid in the refrigerator.

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| 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!

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Repost of Pizza Sauce** [Send Topic To a Friend](#)

| Author | Posting |
|----------|--|
| marie172 | Posted - 14 October 2006 19:52   |

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 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".

Edited by - marie172 on 10/15/2006 7:06:40 AM

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| 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.

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| Author | Posting |
|-------------|---|
| stilljoyful | Posted - 18 September 2003 9:23   |

Kraft Thousand Island Salad Dressing, from DebB

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 Recipe.

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| 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Heinz Reduced Sugar Ketchup**

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| Author | Posting |
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| llacyci | Posted - 23 May 2008 12:12   |

Tomato concentrate made from red ripe tomatoes, distilled vingar, salt, onion 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 :)

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| Author | Posting |
|--------|---------|
|--------|---------|

| | |
|----------|--|
| glassart | Posted - 29 December 2005 8:44   |
|----------|--|

Has anyone made a cheese sauce using table cream? It is already reduced so one would think it would be quicker?
Smile,s
Ruth

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Simmer Sauces on HSN sale price** [Send Topic To a Friend](#)

| Author | Posting |
|---------|--|
| Ilacyci | 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 :)

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| 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 another 1/2 cup vegetable oil.
Add the vinegar and remaining oil. Blend until firm. Store in refrigerator

<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 :: hardest=5)
Serves/Makes: 1.5 cups

- 1 egg (at room temp)
- 1 teaspoon dry mustard
- 1 teaspoon salt
- 1 1/4 cup oil (any type...corn, vegetable, canola)
- dash cayenne pepper
- 3 tablespoons lemon juice or vinegar (I like it with vinegar better)

Directions:
Place egg, mustard, salt, cayenne pepper and 1/4 c. oil in blender and blend on low.

While the machine is blending, SLOWLY pour in another 1/2 c. oil. You may have to stop and scrape down the mayo. Add the lemon juice/vinegar and the remaining 1/2 c. oil. Blend until well combined. Store in refrigerator, tightly covered.

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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Creamy Mushroom Sauce not quite right** [Send Topic To a Friend](#)

| 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

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Chipotle Cream Sauce** [Send Topic To a Friend](#)

| 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

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Starlite's catsup** [Send Topic To a Friend](#)

| Author | Posting |
|-----------|---|
| Erialicia | Posted - 28 November 2003 21:28   |

Could someone please post this for me?
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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Teriyaki Sriracha Marinade and Sauce** [Send Topic To a Friend](#)

| Author | 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!!

- 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 you like it less spicy)
 - 2 t. sesame seeds (optional - they are not level 1)
 - 4 t. red wine vinegar
 - 1 T. minced garlic

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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **fat free dressings** [Send Topic To a Friend](#)

| Author | Posting |
|--------|---------|
|--------|---------|

| | |
|------------|--|
| jazzmegirl | Posted - 20 April 2008 14:41   |
|------------|--|

Hi. Does anyone have a fat free vinagrette to go with a carb salad, like with beans or WW pasta? Thanks.
Amie

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Bleu Cheese Dressing**

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| Author | Posting |
|--------|--|
| Dory3 | Posted - 24 March 2004 20:20   |

Does anyone have a bleu cheese receipe? Thanks, Dory

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Sweet & Sour Sauce** [Send Topic To a Friend](#)

| Author | Posting |
|---------|---|
| slowdon | Posted - 8 August 2004 18:6   |

Does anyone have a good S & S Sauce recipe that they have tried and really liked. Thanks

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | [Send Topic To a Friend](#)
Thread: **HELP...Sweet 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

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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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Sun Dried Tomato Dressing** [Send Topic To a Friend](#)

| Author | Posting |
|-----------|--|
| pattyk126 | Posted - 7 March 2008 18:2   |

Can anyone tell me if this is a level one legal food? It is a recipe that comes from the book "The Good Carb Cookbook" by Sandra Woodruff:

- 1/4 cup plus 2 tbsp water
- 3 tbsp white wine vinegar
- 3 tbsp extra-virgin olive oil
- 1 tbsp chopped sun-dried tomatoes
- Here it would say 1 tbps sugar or honey, but we could substitute with stevia or splenda to sweeten
- 2 tsp crushed garlic
- 1/2 tsp dried oregano
- 1/4 tsp dried thyme
- 1/2 tsp salt
- 1/4 tsp ground black pepper

From the looks of it, I think as long as we substitute the stevia or splenda for the 1tbsp honey or sugar that we would be okay. I am new at this, so please let me know.

Patty

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| 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 1/2 tsp salt, to taste
1/4 tsp garlic powder (or 1/2 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

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Our favorite Blue Cheese Dressing**

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| Author | Posting |
|--------|---|
| DebB | Posted - 16 February 2008 17:28   |

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 recipe:

- 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

- 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 mixer for 2 minutes at low speed. Add mayo and blend for about 2 more minutes at medium speed. Slowly add blue cheese and blend at low until completely combined, but with some small chunks of cheese remaining.

Deb's notes: The original recipe called for 1 1/3 cup mayo and no cream (or half and half). It was very thick. It also called for 1 tablespoon minced green onion, but I substitute the dried.

I buy Rosenborg brand blue cheese at Walmart.

I'm not a big blue cheese dressing fan, but my husband is and he loves this recipe. I hope you enjoy! *Ü*

Started Somersizing 2-01
Our favorite Tried & True SS recipes:
<http://recipecircus.com/recipes/SomersizinDebB/>

Edited by - DebB on 2/17/2008 7:35:39 AM

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Cracked Pepper Parmesan 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

- 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Red Pepper Pesto** [Send Topic To a Friend](#)

| Author | Posting |
|---------|---|
| Escapes | 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
¾ cup freshly grated Parmesan cheese
¼ cup pine nuts
¼ 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Roasted Garlic Spread** [Send Topic To a Friend](#)

| Author | Posting |
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| Escapes | Posted - 10 February 2008 13:24   |

Roasted Garlic Spread

- 1 large head garlic, unpeeled
- 1 tbsp olive oil
- 1 (8oz) pkg cream cheese, softened
- ¼ cup butter, softened
- ½ tsp salt
- 2 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Roasted Tomato Vinaigrette** [Send Topic To a Friend](#)

| Author | Posting |
|---------|---|
| Escapes | 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 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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| Author | Posting |
|---------|---|
| Escapes | 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 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](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **BLT Spread** [Send Topic To a Friend](#)

| Author | Posting |
|--------|---------|
|--------|---------|

Escapes 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
- diced tomatoes, 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Tomato Cheddar Spread** [Send Topic To a Friend](#)

| Author | Posting |
|---------|---|
| Escapes | Posted - 10 February 2008 12:56   |

Tomato Cheddar Spread

- 1 (10 oz) can diced tomatoes and green chilies, drained
- 1 cup mayonaise
- 1 tsp worcestershire sauce
- ½ tsp salt
- 2 (8oz) blocks sharp cheddar cheese, shredded (not pre shredded)
- 1 (4oz) jar chopped pimientos, drained

Stir together the first 4 ingredients in a large bowl. Stir in cheese and pimientos.

Stuff into celery sticks or DebB's profat buns. I think it's really good on a lettuce wedge!

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Blue Cheese Dressing**

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| Author | Posting |
|--------|---|
| mamabj | 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 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, shallot, lemon zest, Worcestershire sauce, salt, and celery seeds in a food processor to make a chunky but pourable sauce. Stir in the parsley and season with plenty of pepper. Use immediately or refrigerate in a tightly sealed container for up to 3 days.

Yield: 2 cups

*To make buttercream instead of milk, use heavy whipping cream and add 1t lemon juice.

Enjoy
mamabj

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Coconut Mayonnaise** [Send Topic To a Friend](#)

| Author | Posting |
|--------|---|
| mamabj | 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

1. 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.
2. 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Blue Cheese Dressing ???** [Send Topic To a Friend](#)

| 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

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Garbanzo Bean-Cumin Hummus**

[Send Topic To a Friend](#)

| 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.

- 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Easy Hummus-Like Dip** [Send Topic To a Friend](#)

| Author | Posting |
|--------|--|
| 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **delicious nondairy ceasar dressing!** [Send Topic To a Friend](#)

| Author | Posting |
|-------------|--|
| kutegirilly | 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Peanut Butter??** [Send Topic To a Friend](#)

| 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!! :o)

Lovin' Jesus and Lovin' Life!

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Bearnaise sauce** [Send Topic To a Friend](#)

| 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **question about enchilada sauce** [Send Topic To a Friend](#)

| 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!!

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **hollandaise sauce** [Send Topic To a Friend](#)

| Author | Posting |
|------------|---|
| mizztucker | Posted - 16 October 2003 11:2   |

Does anyone have a SS hollandaise sauce recipe?

many thanks

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Sugar Free Syrups** [Send Topic To a Friend](#)

| Author | Posting |
|-----------|--|
| bunnacula | Posted - 20 January 2008 14:28   |

Hi all -- I am debating ordering some s/f syrups...and 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 :)

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **SECRET SAUCE...YUM!** [Send Topic To a Friend](#)

| Author | Posting |
|----------|--|
| ChubChub | Posted - 30 May 2005 19:52   |

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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **BBQ Sauce** [Send Topic To a Friend](#)

| Author | Posting |
|--------|---------|
|--------|---------|

Topped at 300

Posted - 27 June 2006 17:19  

I was looking at www.splenda.ca and came across this amazing looking BBQ sauce, and as far as I can tell it is legal level 1. If that is not right please let me know. I wanted to share it with you.

BBQ Sauce

- Makes 4 Cups (32 oz) (or 42-3/4 oz. servings)
- Preparation Time: 45 minutes
- One serving is ¾ oz
- Best if refrigerated overnight before using

- 1 Tbsp. Canola or Extra Virgin Olive Oil
- 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 flavoured
- 1 tsp. Salt
- 1/2 cup Cider Vinegar
- 1 Tbsp. Tabasco (+ 1 tsp. for spicier sauce)

1. Place oil in a large saucepan. Add onions and garlic. Saute over medium heat until translucent (approx 2-3 min.).
2. Mix the bouillon and water until partially dissolved. Add bouillon mixture and all remaining ingredients to the saucepan. Stir well using a wire whisk.
3. Simmer, uncovered, 25-30 min. to allow flavours to meld. Stir frequently. Refrigerate overnight in a non-metallic container. Sauce is best if prepared a day before using. Keeps well, refrigerated, for 1 week.

- Calories: 15
- Calories from fat: 0
- Total Fat
- Saturated Fat: 0
- Dietary Fiber: 0 g
- 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!

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Teriyaki sauce** [Send Topic To a Friend](#)

| 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 off! All my posts are just my personal opinions.

Starlite: Started 2/14/2000

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Teriyaki Marinade** [Send Topic To a Friend](#)

| Author | Posting |
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| SSchick36 | Posted - 16 October 2003 17:33   |

Does anyone have a legal teriyaki marinade recipe? Thanks!

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **recipe request for teriyaki sauce** [Send Topic To a Friend](#)

| Author | Posting |
|---------------|---|
| im2busy2relax | Posted - 7 March 2004 14:46   |

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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Another Teriyaki Sauce Recipe** [Send Topic To a Friend](#)

| 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 sauce
- 1/4c honey or brown sugar (use substitute!)
- 1 tsp ginger, minced (real ginger,not powder)
- 1 tsp grated onion
- 1 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.)

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Salad dressing question** [Send Topic To a Friend](#)

| Author | Posting |
|---------|--|
| Inexile | Posted - 14 August 2007 5:17   |

I am looking for a recipe for a salad dressing that is made with tomato or V8 juice, and garlic. Anybody have one that you like?

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| 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

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Metta's Salad Dressing (old family recipe)** [Send Topic To a Friend](#)

| Author | Posting |
|-----------------|--|
| SinginSOMERSong | Posted - 27 September 2006 23:11   |

My great grandmother actually started this recipe with our family, but I always thought it was my grandmother, Mary's. So... giving Gr Grandmother Metta her dues.....

- 1 egg
- 1 cup veg oil
- juice of 1 lemon microwave 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 pepper
- 1/2 tsp salt (or to taste)

Beat egg until light, begin adding a steady stream of oil in as the mixer beats egg on med speed. Add remaining ingreds with mixer running. It is a medium yellow color when completed. Chill.

MEGA-licious over veggies, salads, fish, ...well, you'll see what I mean!:)0)
I can't stay out of it!.....and with SSIng I don't have too!
~~~Singin'

Edited by - SinginSOMERSong on 11/2/2007 8:53:56 PM

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **cheese sauce** [Send Topic To a Friend](#)

| Author        | Posting                                                                                                                                                                                       |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| GuineapigGirl | 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 could  
use cream but what to help thicken it up? more cheese?

whooooo what a way to go!!!  
180/172/140

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **classic salad dressing** [Send Topic To a Friend](#)

| 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.

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Monique's Tzaziki** [Send Topic To a Friend](#)

| 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.

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Monique's Greek Salad Dressing** [Send Topic To a Friend](#)

| Author      | Posting                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|-------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| monique1964 | <div>Posted - 5 July 2007 12:15  </div> <hr/> <p>Flavorful!!!</p> <p>¼ cup of real lemon juice<br/>1/8 cup of white vinegar<br/>1/8 cup of red wine vinegar<br/>1/3 cup of olive oil<br/>2 garlic cloves minced<br/>1 teaspoon of oregano<br/>salt and pepper to taste</p> <p>Bon Appetit!<br/>Frenchy</p> |

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Basic Marinara Sauce**

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| Author   | Posting                                                                                                                                                                                        |
|----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| MsTified | Posted - 2 April 2004 19:1   |

BASIC MARINARA SAUCE Makes: 14 cups

- 3-5 large onions, cut up
- 1 green pepper, seeded & cut up
- 2 T. oil
- 4 15-oz. cans tomato sauce
- 3 6-oz. cans tomato paste
- 2-1/2 cups water
- 1/4 t. rosemary
- 1/4 t. oregano
- 1 bay leaf
- 1/2 t. dry thyme
- 1/2 t. marjoram
- 3 whole cloves
- 2 t. sugar substitute
- 1/2 t. salt
- 1/2 t. pepper
- 1/2 cup burgundy wine

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.
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.
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..

~ DEDICATION ~ DETERMINATION ~ DISCIPLINE ~  
MsTified217@hotmail.com

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **marinara 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 sauce?  
Or is there a store bought legela level 1 ?

159.5/159.5/135.0

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **KFC coleslaw Dressing**

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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?

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| Author   | Posting                                                                                                                                                                                              |
|----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Sara2003 | Posted - 21 September 2003 10:18   |

I am looking for a recipe for ranch dressing.

Thanks

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Substitute for Oriental Sesame Dressing?** [Send Topic To a Friend](#)

| Author        | Posting                                                                                                                                                                                         |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| anniemich0929 | Posted - 18 June 2007 11:25   |

Can anyone suggest some sort of substitute recipe for oriental sesame dressing used at Wendy's?

Thanks!!

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Anyone have good marinades to share please?** [Send Topic To a Friend](#)

| Author | Posting                                                                                                                                                                                        |
|--------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Zamode | Posted - 4 June 2007 19:40   |

Whew, I am missing them since restarting this WOE. Not sure what else there could be but olive oil with spices isn't quite cuttin' it!

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **chipolte mayonnaise** [Send Topic To a Friend](#)

| 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Lawry's Taco Spice & Seasoning** [Send Topic To a Friend](#)

| Author | Posting                                                                                                                                                                                             |
|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| DebB   | Posted - 20 September 2003 16:8   |

Here's the Taco Seasoning I make (as most packaged mixes have sugar and/or starches and are funky). I make a big batch (I multiply this recipe by 8 - I've put my quantities in parenthesis) of this each time and keep it in a sealed glass jar and typically use 4 teaspoons per one pound of hamburger. This is really good!

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 tsp)
- 1/4 tsp garlic powder (1 1/2 tsp)
- 1/8 tsp ground oregano (3/4 tsp)

Combine all ingredients in a small bowl.

If you want to use this for taco meat:

In large skillet, brown 1pound ground beef until crumbly; drain fat. Add spices & 2/3 cup water; mix thoroughly. Bring to a boil; reduce heat to low and cook uncovered, 7 to 10 minutes, stirring occasionally until most of the liquid has cooked off.

Started Somersizing 3-01  
270/175/165  
sdbruce@amerion.com

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Anyone have a ranch dressing recipe?** [Send Topic To a Friend](#)

| Author | Posting                                                                                                                                                                                        |
|--------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| NanMC  | Posted - 2 March 2007 9:56   |

I'm trying to find a good recipe for ranch dressing. Does anyone have one or know of a good legal mix?

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: \*\*\* **Hemp Seed Oil Vinaigrette** [Send Topic To a Friend](#)

| Author   | Posting                                                                                                                                                                                             |
|----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Twiggy88 | 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 goood. 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 for 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 GLA (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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| 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?

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Roasted veg. dip/spread** [Send Topic To a Friend](#)

| Author  | Posting                                                                                                                                                                                          |
|---------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| chefDeb | Posted - 14 March 2007 14:15   |

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, and the oil and vinegar. Pour mixture on to a cookie sheet and roast in the oven 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 2 samdwiches. It's really tasty.

Taking it one meal at a time, and loving every bite!  
John 15:5

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Peter's Ranch Dressing** [Send Topic To a Friend](#)

| Author | 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 thoroughly 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](mailto:pneumanca@yahoo.ca) if you have any questions or comments.

Peter Neuman

Started Somersizing 3-01

270/175/175

[sdbruce@amerion.com](mailto:sdbruce@amerion.com)

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Somersize Ranch Dressing Please!!!** [Send Topic To a Friend](#)

| 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 it...am I missing something?

Does any one have a yummy Ranch Dressing recipe secret they would like to share?

Thanks, in advance! :o) Patti

pattimelt...what I'm hoping to do!

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Cucumber Ranch Dressing** [Send Topic To a Friend](#)

| 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 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.

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **legal Ranch dressing** [Send Topic To a Friend](#)

| 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Strawberry or Rasperry Vinaigrette** [Send Topic To a Friend](#)

| Author | Posting                                                                                                                                                                                            |
|--------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| mamabj | Posted - 15 February 2007 5:53   |

A friend served this and it was so good I had to figure out a way to ss it. This is the only way I could do it. He served it on a mixed green salad w/a little red onion and pine nuts which I know for level one would need to be eliminated. It was absolutely delicious.

Strawberry or Rasperry Vinaigrette

Combine sf strawberry or raspberry Davinci or Torani syrup, vinegar and pepper until combined. Gradually add olive oil and mix until well blended. Chill until ready to serve. (I just use my little Black & Decker chopper or immersion blender)

Ingredients

- sf strawberry or raspberry syrup to taste
- 2 tablespoons sf Balsamic Vinegar
- 1/4 teaspoon ground black pepper
- 1/4 cup Light Olive Oil

To make a Almost Level One or Level Two, I'm not sure which, use one cup fresh strawberries or raspberries instead of the syrup.

It is such a nice light dressing. Very refreshing.

Enjoy

Edited by - mamabj on 2/15/2007 6:29:24 AM

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **CREAMY BALSAMIC SALAD DRESSING** [Send Topic To a Friend](#)

| Author      | Posting                                                                                                                                                                                            |
|-------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| DramaMama16 | Posted - 14 February 2007 4:16   |

My son and I played around and created this recipe. Its very quick and is always a hit so if you like a little sweeter dressing, try this.

CREAMY BALSAMIC SALAD DRESSING - yummy!

- 3/4 Cup Mayo
- 3-4 TBS Cream
- 1 & 1/2 tsp. Somersweet
- 2 TBS. Balsamic Vinegar

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| Author   | Posting                                                                                                                                                                                              |
|----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| IWedRich | Posted - 11 September 2006 17:56   |

This is an absolute favorite - you will not miss Thousand Island!

- Thousand Mile Dressing
- ½ C. Real Mayonnaise
  - ½ C. Sour Cream
  - ¼ C. Roasted Red Bell Pepper, blended until well mashed
  - 6 T. Tomato Sauce
  - ¼ 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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| Author | Posting |
|--------|---------|
|--------|---------|

pepper6 Posted - 5 February 2007 13:0  

I found a company that sells dip mix in quite a few different flavors and they are really good. It's [www.allstarsdips.com](http://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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Don't miss these DIP RECIPES for Holidays** [Send Topic To a Friend](#)

| Author | Posting |
|--------|---------|
|--------|---------|

phoffer    Posted - 22 December 2004 7:34     

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, chopped
- 3/4 cup tomato, chopped
- 1/3 cup onion, chopped
- 1/2-1 tsp dried oregano
- 1/2 cup mayonaise
- mix well and chill

CRABMEAT DIP

- 1 can or 6 oz crab meat drained
- 1 package 8 oz cream cheese, softened
- 1/2 cup legal brand thousand island dressing
- 2 tb lemon juice
- 1 green onion, chopped

In medium bowl thoroughly combine all ingredients, chill.

HOT PIZZA DIP

- 1 8 Oz package cream cheese, softened
- 1/2 tsp dried oregano
- 1/2 tsp dried parsley
- 1/4 tsp dried basil
- 1 cup shredded mozzarella cheese
- 1 cup parmesan cheese
- 1 cup pizza sauce
- 2 tb chopped green bell pepper
- 2 oz pepperoni sausage, chopped

In a small bowl, mix together the cream cheese, oregano, and basil. Spread mixture in the bottom of a 9" pie plate or shallow microwave 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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| 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.

1/4 cup mayonnaise  
2 Tablespoons parmesan cheese (in the can)  
1/4 teaspoon chili powder  
enough water to make it the same consistency as bottled salad dressing

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, but by every word that proceedeth out of the mouth of God." Matthew 4:4

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| Author   | Posting                                                                                                                                                                                            |
|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| dweebiee | 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

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| 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

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **raspberry macademia vinaigrette** [Send Topic To a Friend](#)

| 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 dressing** [Send Topic To a Friend](#)

| Author     | Posting                                                                                                                                                                                           |
|------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Fashiond07 | Posted - 10 January 2007 13:1   |

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

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **legal brands of salad dressings** [Send Topic To a Friend](#)

| Author  | Posting                                                                                                                                                                                             |
|---------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| kimrisa | Posted - 13 November 2006 19:29   |

Can someone provide me a list of legal commerical brand salad dressings?

Thanks!

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Balsamic and Sesame Oil Salad Dressing** [Send Topic To a Friend](#)

| Author   | Posting                                                                                                                                                                                              |
|----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| IWedRich | Posted - 11 September 2006 17:55   |

Balsamic and Sesame Oil Salad Dressing  
3 pkt. Splenda (sugar substitute)  
½ t. Ground Thyme  
½ t. Dried Orange Peel (or Lemon Peel)  
3 T. Balsamic Vinegar  
½ 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Perky Horseradish Dip**

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| Author  | Posting                                                                                                                                                                                            |
|---------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| phoffer | Posted - 22 December 2004 6:46   |

3 Oz cream cheese, room temp.  
1 cup sour cream  
1/2 cup chopped dill pickle  
2 tsp. onion flakes  
1 TB horseradish

Mix all together and serve with veggies  
Enjoy!!

Patricia Hoffer

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Warm Southwest sauce** [Send Topic To a Friend](#)

| 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.

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **donair sauce** [Send Topic To a Friend](#)

| Author         | Posting                                                                                                                                                                                           |
|----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| somersizenewby | Posted - 30 October 2006 8:36   |

Does anyone have a good donair sauce recipe?

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Tomato, cheese and mushroom sauce** [Send Topic To a Friend](#)

| Author      | Posting                                                                                                                                                                                           |
|-------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| erjen_lower | Posted - 25 October 2006 6:35   |

I threw this together last night, so I apologize for the lack of organization in this recipe! It was good though!

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 juice
- 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

Melt butter in a skillet, add garlic, mushrooms, garlic powder and black pepper to taste. Add in diced tomatoes, sour cream and tomato sauce. Mix well. Add cheddar cheese and stir well to incorporate.

At this point, I allowed it to bubble a bit to cook down and thicken up a bit. I added shrimp to mine and allowed it to heat. I served this over whole wheat rotini, which makes it level 2 ( I am not currently somersizing) and topped it with a little more shredded cheddar. I bet this would be good over cauliflower florets or even riced cauliflower. Probably broccoli too!

I think some cayenne pepper or even roasted red pepper would be wonderful in this too. It would definitely add to the flavor.

Don't salt this at all. It doesn't need it.

I hope you enjoy it.

Jenn  
Gastric bypass 10/24/05  
265/146.6/145

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Legal Spaghetti Sauce?** [Send Topic To a Friend](#)

| 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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| 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.

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Miracle Whip from Helmans** [Send Topic To a Friend](#)

| Author | Posting                                                                                                                                                                                        |
|--------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| MichyS | Posted - 11 June 2006 17:4   |

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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| Author     | Posting                                                                                                                                                                                              |
|------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| JulieJafar | 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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| 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.

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Creamy Tomato - Basil Dressing** [Send Topic To a Friend](#)

| Author   | Posting                                                                                                                                                                                              |
|----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| IWedRich | Posted - 11 September 2006 17:59   |

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.

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **dips** [Send Topic To a Friend](#)

| Author | Posting |
|--------|---------|
|--------|---------|

missyjean Posted - 11 September 2006 8:48  

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

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **chipped beef dip** [Send Topic To a Friend](#)

| Author       | Posting                                                                                                                                                                                           |
|--------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| mulligan1201 | Posted - 30 August 2006 15:30   |

This is so good! It is the kind that would normally come in that big rye boat...but who needs that when we have pork rinds to dip. There are a ton of recipes on the net for this but I just whipped some up some here are approximate measurements.

- 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!

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Creole Seasoning** [Send Topic To a Friend](#)

| Author                                                                                                            | Posting                                                                                                                                                                                            |
|-------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Sheila0029                                                                                                        | Posted - 28 October 2003 10:14   |
| <hr/>                                                                                                             |                                                                                                                                                                                                    |
| 2 parts coarse black pepper<br>1 part each of cayenne, thyme, paprika and sea salt. Mix, store and use as desired |                                                                                                                                                                                                    |

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Somersize Ranch Dressing** [Send Topic To a Friend](#)

| Author       | 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

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Lots of legal mexican recipes** [Send Topic To a Friend](#)

| Author | Posting                                                                                                                                                                                          |
|--------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| mamabj | Posted - 7 August 2006 15:14   |

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.

mamabj  
250/189

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Tonkatsu BBQ Sauce** [Send Topic To a Friend](#)

| Author | Posting                                                                                                                                                                                         |
|--------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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

\* I didn't have any of this so I used Rice Vinegar  
\*\* Used SS of course!!

I heated this to a simmer to bring all the flavors together then let it cool off before I used it.  
This does have a kick to it so if you don't like the heat back off on the Sri Racha a bit.  
I put this on some pulled pork I smoked today and it was great. I think this would go good with just about any type of meat. My wife thinks it taste like A-1 with a kick.I just think it taste pretty darn good

Edited by - bigdad on 7/30/2006 3:46:44 PM

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Wishbone Carb Options Ranch** [Send Topic To a Friend](#)

| Author       | Posting                                                                                                                                                                                         |
|--------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| glitterskate | Posted - 11 July 2006 17:53   |

If anyone is looking for a great storebought Ranch dressing I recommend the Wishbone Carb Options Ranch. It is wonderful and as far as I can see, legal. I ordered Suzanne's Ranch dressing mixes and though it a little bland. The Wishbone is not though and is very yummy!

Glitterskate

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **easiest tom sauce & carbo or fat!** [Send Topic To a Friend](#)

| Author      | Posting                                                                                                                                                                                         |
|-------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| hungryhippo | Posted - 22 June 2006 14:41   |

This is the easiest sauce I've ever made and I love it. It's so simple

- 1 28oz can crushed tomatoes
- 1t crushed/chopped/minced/whatever garlic
- 1/2c broth (vege, beef, or chicken)

- 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 carb meal. The only difference in the two is sauteing the garlic in water or oil. For my pasta I use water of course.

I use the jar of minced garlic in water. I like to add just a touch of the water to the pan to get it going. Once the bottom of your pan is brown (the first time I did this I panicked and thought I ruined it, I'm so used to oil burning) the garlic won't be burnt but the flavor is fantastic. Then add your broth and tomatoes. Cover and simmer about 20 min, the uncover and simmer another 5 or so. Just depends on how thick you like your sauce. I found this recipe is best with rotini noodles. they hold the sauce better. I'm sure there are a ton of recipes out there but this is delicious and easy. Especially if your tired of looking for a sauce with no fat in it!

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | [Send Topic To a Friend](#)  
Thread: **September's Enchilada Sauce?**

| Author    | Posting                                                                                                                                                                                                                                                                           |
|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| larubia69 | Posted - 10 July 2006 11:52    |

I'm used to making sauce straight from the chili's, but am interested in September's recipe. Would someone repost it? I did a search and cannot find it.  
Thanks  
Linda  
--

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Three-Herb Chimichurri** [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 cups packed, stemmed fresh cilantro
- 1/2 cup packed, stemmed fresh mint

1. Combine first 8 ingredients (olive oil thru red pepper) in blender; blend until almost smooth. Add parsley, cilantro and mint; puree until almost smooth.  
NOTE: Can be made up to 3 hours ahead. Cover and chill.

~ DEDICATION ~ DETERMINATION ~ DISCIPLINE ~  
"MsTified (Kate)  
05/2001: 148/126 (reached goal)  
Back Again: 136/133/126

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Traditional Green Goddess** [Send Topic To a Friend](#)

| 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Best Ever Pizza Sauce** [Send Topic To a Friend](#)

| 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
- ½ t. crushed red pepper flakes or cayenne

- 1. In a Dutch oven, heat oil over medium-high heat. Add onions and garlic and saute.
- 2. In a blender or food processor, add tomatoes with liquid, tomato paste, basil, oregano, sugar, salt and pepper. Process until smooth. Pour into Dutch oven. Add bay leaf and stir in red pepper. Cover and simmer 1-1/2 hours. Note. You can add an 8-oz. can of tomato sauce and use this as a spaghetti sauce, too. It's so much better than the store bought stuff and very easy to make. Make up a large quantity and freeze in ready-to-use portions.

~ DEDICATION ~ DETERMINATION ~ DISCIPLINE ~  
MsTified217@hotmail.com

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Wishbone Carb Option Ranch Salad Dressing** [Send Topic To a Friend](#)

| Author       | Posting                                                                                                                                                                                         |
|--------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| glitterskate | Posted - 18 June 2006 16:19   |

I live in Illinois and am looking to try the Wishbone Carb Option Rance Salad Dressing which I have seen posted on the boards is legal for Somersizers. I have looked at Wal Mart and HyVee but did not find it. Does anyone have any ideas? Does anyone know of any other bottled ranch dressing that is legal?

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **French Dressing** [Send Topic To a Friend](#)

| 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 \(Condiments, Dressings and Dips\)](#) | Thread: **homemade mayo-YUM!** [Send Topic To a Friend](#)

| 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!!

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **raspberry viniagrette?** [Send Topic To a Friend](#)

| Author     | Posting                                                                                                                                                                                       |
|------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| chelechele | 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

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Marlboro BBQ Sauce** [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.

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| 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 cheese while stirring) and let sit overnight in fridge...enjoy!

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Curry Dip - to die for!** [Send Topic To a Friend](#)

| 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.

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| 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Shrimp Cocktail Sauce** [Send Topic To a Friend](#)

| 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.

- 1/2 cup sf ketchup (I use Westbrae brand)
- 1 teaspoon chili powder
- 3 tablespoons lemon juice
- 1 tablespoon worcestershire sauce
- 1 tablespoon prepared horseradish, NOT sauce
- 1 tablespoon finely minced onion
- 1 tablespoon finely minced celery (optional)
- salt, pepper and Tabasco sauce to taste

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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| 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **steak marinade** [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.

- 4 Tablespoons oil
- 5 T soy sauce
- 3 T lemon juice
- 1/2 t black pepper
- 1 T wostershire sauce

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **THE BEST Hollandaise** [Send Topic To a Friend](#)

| Author     | Posting                                                                                                                                                                                        |
|------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Debits2000 | Posted - 18 March 2006 7:4   |

This is made in the blender and is no-fail! You will not believe how easy this is and how good it is. This is so versatile, you can use it on veggies like broccoli, asparagus or with artichokes. You can also use it for Eggs Benedict( recipe at end).

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 cayenne in blender. Heat the butter in a panuntil it starts to bubble. Do NOT let it turn brown. With the cover on the blender, turn it on to HIGH and blend the eggs for 3 seconds, then remove the top [or use the opening in top] and pour the butter over the eggs in a steady stream. By the time the butter is poured in - about 30 seconds- the sauce should be finished. If not, blend for 5 more seconds on high. Serve at once. {NOTE: do not make in a smaller quantity than given, as there would not be enough heat to cook the eggs.} Make 1 cup.  
Sauce doesn't reheat well, so use it all.  
--From "Joy of Cooking"

To make Eggs Benedict --

Poach eggs, place eggs on a dish, cover with bacon [or ham] and pour hollandaise over them...yum.

Debi  
"Everything is better the second time around!"  
~~6 weeks later and 9.5 pounds lighter~~

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Sugar Free Spagetti Sauce?** [Send Topic To a Friend](#)

| 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,

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| 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? Anyone have a recipe to re-create it? I LOVE that stuff!

Thanks!  
Lisa

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Gorgonzola Dressing** [Send Topic To a Friend](#)

| Author | Posting |
|--------|---------|
|--------|---------|

|                  |                                                                                                                                                                                                 |
|------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Pass the 'taters | Posted - 9 March 2006 15:59   |
|------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

---

Gorgonzola Dressing

2 c. mayonnaise  
1 c. sour cream  
1/2 c. balsamic vinegar  
4 garlic cloves, minced  
freshly ground black pepper, to taste  
2/3 c. gorgonzola cheese (may substitute with blue cheese)

Blend first 5 ingredients in a blender until thoroughly mixed. Add gorgonzola and pulse a few times. Let sit in refrigerator for several hours or overnight 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 company it is always a hit!

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| Author     | Posting                                                                                                                                                                                         |
|------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Debits2000 | Posted - 5 March 2006 11:30   |

This is my all time favorite and I miss it! Does anyone have a SS version?  
Thanks:o)

Debi  
"Everything is better the second time around!"

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| Author  | Posting                                                                                                                                                                                           |
|---------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| phoffer | Posted - 4 November 2004 6:53   |

1 c heavy cream  
1/2 c water  
1 lb cheddar cheese  
1/4 tsp garlic salt  
1 tsp mustard  
1/4 tsp paprika  
1/4 tsp worcestershire sauce  
use double boiler or pan with water and set bowl ontop add all ingredients and stir frequently until all is melted and smooth  
This is great over broccoli cauliflower or other veggies and fish. Enjoy!!

Patricia Hoffer

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **House Seasoning (great on beef!)** [Send Topic To a Friend](#)

| Author       | Posting                                                                                                                                                                                            |
|--------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| iwillrejoice | Posted - 17 February 2006 9:24   |

I've been meaning to re-post this for a while now... I found this seasoning mix as part of a posting by lly72 in the Beef recipe forum here. It's how she seasons her prime rib roasts, & the original recipe apparently came from someone on the Food Network.

I've decided that this mix is something great to just make up & keep in a jar on the back of my stove, for constant use! I love it on all forms of beef, especially steaks. It's as simple as can be, but the proportions are just right - not too salty (IMO).

Anyway, here you go. I cut the recipe by 1/4, for more a more manageable quantity.

House Seasoning, posted by lly72, 10 March 2004.

- 1/4 cup salt
- 1 Tbsp. black pepper
- 1 Tbsp. garlic powder

Mix ingredients together and store in an airtight container for up to 6 months.

How easy is that!?!

Gail

...minus 43 and counting...

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Greek Salad Dressing** [Send Topic To a Friend](#)

| Author     | Posting                                                                                                                                                                                             |
|------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Debits2000 | Posted - 16 February 2006 18:32   |

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: **Gravy for Raost Beef** [Send Topic To a Friend](#)

| 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Fiesta cheese dip** [Send Topic To a Friend](#)

| 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Original Dill Dip** [Send Topic To a Friend](#)

| Author  | Posting                                                                                                                                                                                            |
|---------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| janland | Posted - 11 February 2006 9:56   |

2 C. each of mayo and sour cream  
3 Tbs. onion flakes  
2 Tbs. dill weed  
1 Tbs. parsley flakes  
2 tsp. accent  
2-3 tsp. Lawry's Seasoned salt

Blend and chill well. Use with cut, raw veggies.

Janice

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Tomato Yogurt Dressing** [Send Topic To a Friend](#)

| 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
- 1/2 tsp sugar (substitute equivalent)
- 1/4 tsp salt
- 1 Tbsp tomato sauce

Combine all ingredients, chill before serving.

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Elaine's Puttanesca Sauce** [Send Topic To a Friend](#)

| Author          | Posting                                                                                                                                                                                          |
|-----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| wired_foxterror | Posted - 22 April 2004 16:29   |

Elaine's Puttanesca Sauce

- 1 tsp olive oil
- 1 cup chopped onion
- 4 minced garlic cloves
- 2 tsp balsamic vinegar
- ¼ Tbsp Somersweet (1 Tbsp Splenda)
- 1 Tbsp chopped fresh basil (2 tsp dried)
- 2 Tbsp tomato paste
- ½ tsp Italian seasoning
- ¼ tsp black pepper
- 2 cans diced tomatoes – do not drain
- ¼ cup pitted olives (green)
- 2 Tbsp chopped fresh parsley
- 1 Tbsp capers
- ½ tsp anchovy paste
- ¼ tsp crushed red pepper

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!

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Elaine's Red Sauce**

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| Author          | Posting                                                                                                                                                                                          |
|-----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| wired_foxterror | Posted - 22 April 2004 16:27   |

Elaine's Red Sauce  
(Easy\*Easy)

- 1 tsp olive oil
- 1 cup chopped onion
- 4 garlic cloves, minced
- 2 Tbsp balsamic vinegar
- ¼ Tbsp Somersweet (or 1 Tbsp Splenda)
- 1 Tbsp chopped fresh basil (or 2 tsp dried basil)
- 2 Tbsp tomato paste
- ½ tsp Italian seasoning
- ¼ tsp black pepper
- 2 cans diced tomatoes – do not drain (14.5 oz can size)
- 2 Tbsp chopped fresh parsley (or cilantro)

Heat oil in saucepan over medium hi heat. Add onion and garlic – sautee 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 – 15 mins for “fresh” firm tomatoes – 30 mins for more of a blended sauce – and stir in parsley.

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!

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| Author | Posting |
|--------|---------|
|--------|---------|

|               |                                                                                                                                                                                                |
|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Pat<br>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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| 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 teaspoon 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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| Author    | Posting                                                                                                                                                                                            |
|-----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| carolannb | Posted - 31 January 2006 13:16   |

I just made this today and it was pretty tasty.

- 1/2 c sf ketsup
- zest and juice from 1/2 lemon
- 1/4 tsp Worcestershire sauce
- 1-1/4 tsp horseradish
- 1 tsp Splenda

Enjoy!

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Lemon Vinaigrette** [Send Topic To a Friend](#)

| 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Creamy Spinach Dip** [Send Topic To a Friend](#)

| Author  | Posting                                                                                                                                                                                            |
|---------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Emerald | Posted - 11 December 2005 9:57   |

CREAMY SPINACH DIP

- 1 8-ounce package of cream cheese (cube it)
- 2 TBSP grated Parmesan cheese
- 2 TSP finely chopped onion
- 1/2 TSP thyme
- 1/2 of 10-ounce box frozen chopped spinach, thawed and drained (save the other 5 oz for another time)
- 1/4 cup whipping cream
- 2 TBSP diced pimento
- 1/4 TSP garlic salt
- 1 TSP Worcestershire sauce

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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Post New Topic for: Creamy Spinach Dip

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Spinach Dip Recipe** [Send Topic To a Friend](#)

| Author | Posting                                                                                                                                                                                            |
|--------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| mamabj | Posted - 25 January 2006 12:16   |

Does anyone have a Spinach Dip Recipe and what do you serve it with?

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: "**Honey**" [Send Topic To a Friend](#)

**Mustard Dipping Sauce**

| 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.

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Cilantro Cream** [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 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 avocados 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

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Baked crab dip** [Send 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Sweet n' Sour Oil and Vinegar Dressing** [Send Topic To a Friend](#)

| Author      | Posting                                                                                                                                                                                             |
|-------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| naturelover | Posted - 16 February 2004 22:56   |

I have adapted my Mom's own creation which has become our entire extended family's favorite--as 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 products--no 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.

Also--because the olive oil tends to "set up" in the frig. it is good to set it 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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| Author                | Posting                                                                                                                                                                                                |
|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| vertically_challenged | Posted - 18 February 2004 13:9   |

Anyone have any good gravy recipes!?

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Mayonaise2** [Send Topic To a Friend](#)

| Author  | Posting                                                                                                                                                                                            |
|---------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| FrozH2O | Posted - 10 November 2005 6:44   |

(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 equivalent
- 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Aunt Lavella's Blue Cheese Dressing**

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| 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Super Easy Lemon Sauce for Fish or Vegies** [Send Topic To a Friend](#)

| Author    | Posting                                                                                                                                                                                             |
|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| BlondeTaz | Posted - 30 November 2005 12:28   |

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

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Princess Tudy's Tuscan Rubs** [Send Topic To a Friend](#)

| Author   | Posting                                                                                                                                                                                        |
|----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Rondaren | Posted - 20 July 2005 8:47   |

PrincessTudy

On RecipeSouce.com, I found some "RUB" combinations (specified for beef, but probably super for pork, seafood, & poultry as well) that I thought might be helpful for those of us who'd like to \*fill\* our kitchens with tantalizing fragrances without \*emptying\* our pocketbooks.

Suzanne has emphasized what a huge difference SEA SALT makes, so you may want to make some adjustments, i.e., substitute sea salt for the salt listed, replace onion salt with a combination of onion powder & sea salt, etc. ALSO--check the lemon pepper and seasoning salt for prohibited ingredients (although they may be such a minimal presence that you won't object). And, once a mix has proven itself to you, I'd certainly make a large batch to have on hand--in this case, it takes no longer to make a \*lot\* than a \*little\*!

=====  
\*\*\*TUSCAN SALT RUB Dry Recipe 1\*\*\*

(made with fresh herbs...you could have these rubs on hand in \*dried\* versions by doubling/tripling/whatever-ing the ingredients, drying, and storing)

- 1 garlic clove
- 1 tablespoon kosher salt
- 1 small bunch fresh sage (about 30 leaves)
- 2 sprigs fresh rosemary

On a cutting board, mince the garlic with the salt. Place the herbs in a mound and coarsely chop them. Add the garlic salt and chop them together to make a coarse rub. Use the salt right away, or let it dry, uncovered, in a bowl for a few days.  
The dried salt rub can be stored indefinitely in a clean dry jar.

=====  
\*\*\*TUSCAN SALT RUB Dry Recipe 2\*\*\*

- 3 cloves garlic, minced
- 2 teaspoons minced fresh rosemary
- 2 teaspoons minced fresh sage
- 1 teaspoon freshly cracked black pepper
- 2 teaspoons kosher salt

(same directions as above)

=====  
\*\*\*TUSCAN SALT RUB Fresh Recipe\*\*\*

(this version contains olive oil, and the rub is to be used when you're also cooking fresh cloves of garlic along with the meat--so the garlic content will be in the dish, just not in the rub itself):

- 1 tablespoon chopped fresh rosemary
- 1 tablespoon chopped fresh thyme
- 1/8 teaspoon salt
- 1/8 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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| Author   | Posting                                                                                                                                                                                        |
|----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Rondaren | Posted - 20 July 2005 8:46   |

PrincessTudy

On RecipeSouce.com, I found some "RUB" combinations (specified for beef, but probably super for pork, seafood, & poultry as well) that I thought might be helpful for those of us who'd like to \*fill\* our kitchens with tantalizing fragrances without \*emptying\* our pocketbooks.

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-----

\*\*\*Herbs de Provence Spice Mix\*\*\*

3 T. Dried marjoram  
3 T. Dried thyme  
3 T. Dried savory  
1 tsp. Dried basil  
1 tsp. Dried rosemary  
1/2 tsp. Dried sage  
1/2 tsp. Fennel seeds  
\*\*\*AND\*\*\*  
1 T. Dried LAVENDAR

Combine all ingredients.

Mix well and spoon in small jars.

Makes 3/4 cup.

Use to season chicken, vegetables or meat.

=====

\*\*\*Orleans Pepper Rub\*\*\*

1/2 teaspoon ground red pepper  
1/2 teaspoon ground white pepper  
1/4 teaspoon black pepper  
1/2 teaspoon onion powder  
1/4 teaspoon salt

=====

\*\*\*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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| 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Creamy Cole Slaw w/ Blue Cheese** [Send Topic To a Friend](#)

| Author     | Posting                                                                                                                                                                                        |
|------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| dheilman50 | 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:

- 1/2 cup mayo
- 1/2 cup sour cream
- 2 TBL white wine vinegar
- 1 TBL water
- 1 TBL sugar (Splenda, Summersweat, etc)
- 1/3 cup crumble blue cheese of choice, or more to taste.
- 1/4 teas. grd. black pepper
- 6 to 7 cups of shedded cabbage.

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

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| Author     | Posting                                                                                                                                                                                            |
|------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| LoveSweets | Posted - 19 January 2005 14:40   |

My family loves it when I make this dip; it's a super bowl, Nascar sunday staple at my house....normally it's served with big rolls, kinda like bbq beef sandwich rolls... But I enjoy it with crudite's & on pork rinds (yeah, I'm weird! lol) I just realized that Velveeta is legal! Horaay! So here it is:

- 3/4 of one large loaf Velveeta
- ~OR~ 1 small loaf Velveeta & 1 small loaf Mexican style Velveeta (the one w/spices & peppers in it)
- 1 or 2 cans Shredded Roast Beef, drained a bit, not dry, leave a bit of the juice
- 1 small can, drained, chopped green chiles
- 1 small white onion, chopped/diced & sauteed til soft & translucent
- one 2 to 4 qt slow cooker

Cube the velveeta & place in slowcooker, add the beef, the green chiles & onions. Stir to combine, turn the heat to low (or medium if yours has that setting, this works best, high will burn the cheese at the edges)& stir every 10 minutes or so, until the cheese is completely melted & the meat is heated thru. You can add more beef, or chiles or Velveeta to make it the consistency of your preference...I've listed what works best for my family's tastes. This takes differant amounts of time depending on your slowcooker; mine takes about 40-45 mins on low, 25-30 mins on med., my moms cooker takes about 50 mins on low & has no medium setting. Serve with your choice of veggies or pork rinds & for those who aren't SS'ing, big rolls. You can keep it on low in the slow cooker for a while also, if you're having a party.

I hope those that try this enjoy it as much as my family does. This is a bit versatile as I sometimes add a wee bit (teaspoon size) of chopped canned jalapeno's if my hubby wants it spicier, or I'll use 2 small loaves of Mexican style velveeta. You can add hot sauce to it also, if you like. When I have my 'hot-mouth'(spice fiends) friends over, I make it all up, divide it into 2 dishes, 1 hot & 1 regular; to the hot I add red pepper flakes, a good fat pinch of cayenne pepper & a dash of green or red tobassco to one for them. Enjoy! Any feedback you have is certainly welcomed!

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Ancho Chile Butter** [Send Topic To a Friend](#)

| Author       | Posting                                                                                                                                                                                            |
|--------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| iwillrejoice | Posted - 15 October 2005 19:45   |

This is unusual & very rich in taste. Garlic & the ancho chile are toasted, which is a Mexican technique for releasing their flavors. The chile is then softened, & finally puréed, into a delicious compound butter. Try it on eggs, meat, or veggies. From The Cuisine of California.

Ancho Chile Butter

- 2 cloves garlic, unpeeled
- 1 large ancho chile
- 6 tablespoons (3/4 stick) unsalted butter
- 1/4 teaspoon salt

Place garlic in small skillet over medium-high heat.  
Toast garlic by heating cloves & turning as they begin to brown. When light brown in color, remove from heat.  
Peel garlic.  
In same skillet, heat chile over medium heat until it begins to expand & flesh is soft. It should smell rich but should not be charred.  
Remove from heat.  
Slit chile open.  
Remove seeds & any veins.  
Place chile in small bowl.  
Pour boiling water over chile to cover, & let soften for 30 minutes.  
Remove from water.  
In food processor fitted with steel blade, purée chile & garlic.  
Add butter & salt, & process until combined.  
Taste for seasoning.  
Spoon onto piece of waxed paper, & roll up in form of a log.  
Refrigerate at least 2 hours.  
To serve, slice cold butter & place slices on top of food. Serve immediately.

Yields 1/2 cup

Advance Preparation: May be kept up to 3 days in refrigerator.

This is not HOT, just rich & good. I really like it melted on steak &/or sauteed yellow squash.

Gail

...minus 27 and counting...

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Carb Dressing** [Send Topic To a Friend](#)

| 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 whatever because it is so yummy!

Lori  
235/203/200

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Creamy Tarragon Dip** [Send Topic To a Friend](#)

| Author   | Posting                                                                                                                                                                                           |
|----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| matantej | Posted - 1 October 2005 11:49   |

Creamy Tarragon Dip

- 1 8-oz. package cream cheese, softened
- 1/2 cup sour cream
- 1 clove garlic, minced
- 1 Tbsp. fresh tarragon, chopped
- 1/4 cup green onions, chopped
- 1 tsp. fresh lemon juice

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 \(Condiments, Dressings and Dips\)](#) |

Thread: **Substituting different vinegars in dressings?**

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| 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 of personal preference? Have you found you preferred the substitution to the original?

I don't want to replace my rice vinegar with one of these others if it'll throw off the balance...and then have to toss a bottle of dressing...so any feedback appreciated.

TIA,

cam

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| Author   | Posting                                                                                                                                                                                             |
|----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| chefskid | Posted - 8 September 2005 12:17   |

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: **zesty italian dressing** [Send Topic To a Friend](#)

| Author  | Posting                                                                                                                                                                                        |
|---------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Niteowl | Posted - 29 July 2005 2:41   |

Does anyone have a recipe for this? I am not able to find any in stores without sugar. Thanks, niteowl.

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| 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Dressing for Broccoli or Asparagus** [Send Topic To a Friend](#)

| Author       | Posting                                                                                                                                                                                         |
|--------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| iwillrejoice | Posted - 21 June 2004 16:42   |

I guess I've been making this sauce for my broccoli since the 1970's. It's very rich & delicious. The recipe didn't need any changing at all to fit into this WOE. A friend of mine, who doesn't SS, uses it as a dip for cooked broccoli florets.

I sure can eat a lot more broccoli when I have this on it! :-D From Little Rock Cooks.

Dressing for Broccoli or Asparagus

- 1/2 cup butter
- 1 1/2 cups mayonnaise
- 2 tablespoons horseradish
- 1 teaspoon instant minced onion
- 1/4 teaspoon dry mustard
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon vinegar

Melt butter; remove from heat.  
Add remaining ingredients, & stir until smooth & well-blended.  
Heat (do not boil!) & serve over cooked vegetables.

Gail

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| Author | Posting |
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|--------|---------|

|    |                                                                                                                                                                                                   |
|----|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| gi | Posted - 10 August 2005 18:19   |
|----|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Hi  
anyone out there have rec.for pesto sauce..or another sauce good for the  
zuchini noodles....I make the white sauce but am looking for red sauce as I  
just picked up alot of fresh cheap zuchini.Thanks

gi

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Fat-Free French Dressing** [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

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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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **mayonaize** [Send Topic To a Friend](#)

| Author  | Posting                                                                                                                                                                                        |
|---------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Niteowl | Posted - 29 July 2005 2:44   |

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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Easy, fast 1000 Island Dressing** [Send Topic To a Friend](#)

| 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **creamy salad dressing** [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

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **appology** [Send Topic To a Friend](#)

| Author     | Posting                                                                                                                                                                                        |
|------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| dheilman50 | Posted - 22 June 2005 6:48   |

Sorry, I should have posted this under "Stuffage and Roughage. daaa!

dheilman-Indy  
started 6/01/05  
163/158

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Lemon Dill Mayonnaise** [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 & Easy Book. I was wondering if anyone know the recipe for Suzanne's Lemon Dill Mayonnaise? I'm cooking Steamed Asparagus tonight and would like to try it.

Thanks

Dina

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Elaine's Alfredo Sauce** [Send Topic To a Friend](#)

| Author          | Posting                                                                                                                                                                                          |
|-----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| wired_foxterror | 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.

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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Olive Garden Dressing....** [Send Topic To a Friend](#)

| 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Shortcut Sauce....** [Send Topic To a Friend](#)

| Author     | Posting                                                                                                                                                                                       |
|------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| GARNET2002 | Posted - 5 June 2005 0:35   |

Hi all,  
I found this recipe, haven't had a chance to try it yet. Thought you all might like it. It is a sauce for things so I put it here.

Shortcut Sauce

1/4 cup (1/2 stick) butter  
2 egg yolks  
2 teas. lemon juice  
1/2 teas. dried tarragon  
1/8 teas. salt

In a small micro. safe bowl, heat the butter at 90% power for 40 sec. or until melted. In a small bowl beat the egg yolks, lemon juice, tarragon, and salt until thick. Slowly pour the melted butter, whisking constantly until well combined. Micro. uncovered at 40% power for 60 seconds stirring the sauce every 20 seconds.

Pour over grilled favorites, veggies, eggs, seafood dishes.

GARNET2002

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Maui Style Huli-Huli Sauce** [Send Topic To a Friend](#)

| Author        | Posting                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Scott on Maui | <div>Posted - 16 May 2005 12:33  </div> <hr/> <p>Here's a great recipe for a merinade or stir-fry sauce:</p> <p>1 24oz Bottle Huli-Huli Sauce or low sodium soy sauce.<br/>3 cloves garlic--smashed.<br/>1 piece fresh ginger approx 2-3 inches long, sliced into thin strips.<br/>Sweetner to taste.</p> <p>Pour the Huli Sauce into a large bowl and add the smashed garlic, ginger, sweetner.</p> <p>Let sit overnight in the fridge, then strain the liquid back into the bottle.</p> <p>Discard the remains of the garlic and ginger.</p> <p>This makes a WONDERFUL stir-fry sauce or merinade...direct from Lahaina Maui.</p> <p>Aloha!!</p> <p>Scott on Maui<br/>254/239/200</p> |

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Simple marinade** [Send Topic To a Friend](#)

| Author     | Posting                                                                                                                                                                                        |
|------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| JCnmyheart | Posted - 31 May 2004 10:16   |

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 <><

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Tangy Coleslaw Dressing** [Send Topic To a Friend](#)

| Author | Posting                                                                                                                                                                                        |
|--------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| momof7 | Posted - 24 May 2005 12:49   |

1 1/2 cups plus 2 tablespoons mayonnaise  
6 tablespoons plus 1 teaspoon sugar (use artificial sweetener equivilent)  
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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Bacon Cheese Dip** [Send Topic To a Friend](#)

| 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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[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   |

Are these legal? TIA :)

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **restaurant dressing L1** [Send Topic To a Friend](#)

| 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | [Send Topic To a Friend](#)  
Thread: **September'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!!

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **I LOVE GARLIC Mayo**

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| 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 stop....I started dipping everything I could find into it.

This is so versatile, 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

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Japanese Steakhouse White Sauce** [Send Topic To a Friend](#)

| Author | Posting                                                                                                                                                                                         |
|--------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| tkg33  | Posted - 27 April 2005 7:43   |

I'm looking for a recipe for the white sauce you get at Japanese restuarants....if I had to guess I would say mayo...horseradish...and some other things...HELP!

Waiting for the Melt!

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **The "Grand" Slam of 1000 Islands**

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| Author | Posting                                                                                                                                                                                           |
|--------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| karma  | Posted - 4 October 2003 20:45   |

1 1/2 cup mayonnaise  
2 Tbsp tomato paste  
2 Tbsp minced dill pickles (I use the kind in the jar)  
dash Worchestershire sauce  
1 Tbsp vinegar  
2 pkts sweetener  
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.

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Roasted Red Pepper Dressing** [Send Topic To a Friend](#)

| Author     | Posting                                                                                                                                                                                       |
|------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| sharonm516 | Posted - 9 April 2005 8:9   |

I have made this for years, but nevermeasured it out until last night when I thought how great it would be to put here. I hope you enjoy!!

Roasted Red Pepper Dressing  
2 large red bell peppers, whole (you can use the jarred roasted ones, but watch the ingredients)  
1/2 c. olive oil (I like the dark oil for more flavor, but its your preference)  
1/4 c. red wine vinegar  
2 large cloves of garlic, roughly chopped  
1 tsp. onion powder (optinal)  
1/4 tsp. curry powder (optional)  
1/4 tsp salt (or to taste)  
dash of black pepper (or to taste)

If you are using fresh red bell pepper you will need to roast them. I usually do this on the grill outside by placing them on the hottest area of the grill and turning them until the skin is charred. If you are doing this inside you can use your oven on broil...just keep an eye on them so they dont char all the way through.  
Once the peppers are roasted let them cool and peel off the outer skin (it should just fall off, cool slightly. Cut the skinned pepper in half and clean out seeds inside. Then chunk pepper and place into blender. Add garlic into blender. Add onion powder, curry, salt and pepper. Cover blender and pulse until almost smooth and slightly pastey. Then add vinegar and blend until well mixed. Place mixture on lowest setting of blender and slowly drizzle in olive oil as it continues to blend to emulsify the dressing.

Keep in glass curette (which I used to use for the funky Italian dressing mixes) and use as needed.  
Let me know if you have any questions or any other variations you have.  
Sharon  
234/230/just the beginning of a wonderful journey

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Beau Monde Dip** [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 salads..very simple

equal parts of mayo and sour cream  
dill weed...I 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Blu Cheese Dip/Dressing** [Send Topic To a Friend](#)

| Author  | Posting                                                                                                                                                                                                                                                                                                                                                                                                                  |
|---------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| phoffer | <div>Posted - 31 March 2005 9:58  </div> <hr/> <div>1/3 Cup Mayonaise<br/>1/3 Cup sour cream ( Daisy)<br/>4 to 6 oz. blue cheese</div> <div>Crumble blue cheese and mix all well, chill<br/>for a few hours in fridg.</div> <div>Patricia Hoffer</div> |

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Zucchini spread** [Send Topic To a Friend](#)

| Author   | Posting                                                                                                                                                                                         |
|----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| matantej | Posted - 31 March 2005 3:59   |

This looks good and thought I would share. Janet

Appetizer: Zucchini Spread

- 3 cups zucchini shredded
- 2 cloves garlic, minced
- 2 Tbsp. olive oil
- 2 Tbsp. lemon juice
- 4 Tbsp. fresh cilantro chopped
- 8 oz. cream cheese softened
- salt and pepper to taste

Combine all ingredients in a food processor and blend well. Chill for at least 1 hour before serving. Serve with cheese crackers, or fresh vegetables.

started over again 1-1-05  
286/271/?

Edited by - matantej on 3/31/2005 4:00:50 AM

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Post New Topic for: **Zucchini spread**

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Jalapeno Dip** [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 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                                                                                                                                                                                         |
|----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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 for several hours before serving with raw vegetables or crackers.

<http://www.arcamax.com/cgi-bin/news/story/1006/1029/22817/176673>

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Legal Guacamole** [Send Topic To a Friend](#)

| Author      | Posting                                                                                                                                                                                         |
|-------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| PinkPenguin | Posted - 9 March 2005 10:27   |

Thought this would be could to repost now that asparagus is so plentiful!!

I was in the mood for some guacamole and through together this recipe. I'm not sure of the exact measurements - I just mixed 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 (about 10 minutes). Place asparagus into food processor and process until smooth. Add remaining ingredients and puree until smooth.

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **red colored salad dressing** [Send Topic To a Friend](#)

| Author    | Posting                                                                                                                                                                                       |
|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| cubbiegal | Posted - 9 March 2005 5:6   |

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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Southwest Dressing** [Send Topic To a Friend](#)

| Author    | Posting                                                                                                                                                                                             |
|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| sockim123 | Posted - 14 February 2005 12:47   |

This is a wonderful creamy dressing with a southwest flavor. Not too spicy. Excellent over spring salad mix.

Southwest Dressing  
1 1/2 C. mayo  
2/3 C. picante salsa  
2 limes - juice  
1/2 t. cumin  
1/2 t. chilli powder  
1/2 bunch cilantro, chopped

Combine ingredients night before serving, refrigerate.

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: \*\*\* **Tartar sauce** [Send Topic To a Friend](#)

| 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **BBQ Sauce Recipe** [Send Topic To a Friend](#)

| 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!!!

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Chipolte Cream Sauce** [Send Topic To a Friend](#)

| 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 minutes. Taste, adding 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

Patricia Hoffer

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Easy as one, two dip** [Send Topic To a Friend](#)

| 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.

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) |  
Thread: **Horseradish Dill Sauce**

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| 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

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| Author | Posting |
|--------|---------|
|--------|---------|

|      |                                                                                                                                                                                                     |
|------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| allo | Posted - 11 February 2005 11:38   |
|------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

---

I've lost the receipe for ketchup 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **suzannes, ranch dressing** [Send Topic To a Friend](#)

| 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 fat....for my sandwiches

what would you suggest???

Thanks

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Jimmac's French Dressing** [Send Topic To a Friend](#)

| Author   | Posting                                                                                                                                                                                            |
|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| jimmac86 | Posted - 28 January 2005 19:45   |

- 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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| 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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| 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Quick Delish Sauce for Meats, Fish, or Veggies**

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| Author | Posting |
|--------|---------|
|--------|---------|

Erinn

Posted - 23 December 2004 9:22  

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 ...

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 infinite 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Easiest Cranberry Sauce/Relish** [Send Topic To a Friend](#)

| Author          | Posting                                                                                                                                                                                            |
|-----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| wired_foxterror | Posted - 14 November 2004 8:46   |

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 refrigerator.

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 CANNOT COOK ANYTHING. I gave her this recipe last year so she could contribute something to the family meal. She made it herself, called me ecstatic as it "came out perfect", then called me in tears the next morning as she had eaten it all!!!! I had her make another quick batch, put it in the freezer to cool it down quickly and then put it in the fridge to set til she left for her Mom's. Her family was incredulous that she had brought anything, afraid to try it and amazed that it was so good. They now have turkey for every family holiday including birthdays so she can bring her specialty.

wired fox terror

wiredfoxterror

Losing-Losing-Gone!

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Red Pepper Jam** [Send Topic To a Friend](#)

| Author          | Posting                                                                                                                                                                                             |
|-----------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| wired_foxterror | Posted - 21 December 2004 15:24   |

6 large sweet red peppers  
2 Tbsp salt  
1 cup cider vinegar  
2 cups sugar substitute  
red food coloring

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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Heinz Like?** [Send Topic To a Friend](#)

| Author | Posting |
|--------|---------|
|--------|---------|

SizzLynn3 Posted - 25 September 2004 19:34  

---

Heinz-like Ketchup – from Chuck Dudek  
12 oz. tomato paste  
12 oz. water  
6 oz. vinegar  
Legal Sweetener (The original recipe called for 10 Equal tablets or 5 packets)  
1 teaspoon onion powder  
1 tablespoon salt  
(optional) pinch of cloves, cumin, other spices you might like  
Dissolve Equal tablets in water then add remaining ingredients. Blend until combined.  
54 grams in entire recipe. 1 gram per tablespoon (about 1/4 Heinz)  
If you've been wanting something like Open Pit or Heinz BBQ sauce, this ain't it, but it's

I haven't tried this recipe but it looks good

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Jalapeno Pepper Jelly** [Send Topic To a Friend](#)

| Author          | Posting                                                                                                                                                                                             |
|-----------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| wired_foxterror | Posted - 21 December 2004 15:29   |

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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Ham & Sour Cream Sandwich Spread** [Send Topic To a Friend](#)

| Author  | Posting                                                                                                                                                                                           |
|---------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| phoffer | Posted - 22 December 2004 8:4   |

1/2 lb cooked ham, chopped  
2 small dill pickles  
1 1/2 cups cheddar cheese, shredded  
3 hard cooked eggs, chopped  
1/2 cup sour cream  
1 tb dijon mustard  
1/4 tsp worcestershire sauce  
dash tabasco

Place in blender the ham, pickles, cheese and eggs. Blend until smooth. Add sour cream, mustard, worcestershire sauce, and tabasco. Blend until smooth, Use as a spread for celery or as dip for veggies

Patricia Hoffer

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **mushroom rub recipes** [Send Topic To a Friend](#)

| Author | Posting                                                                                                                                                                                              |
|--------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Nutmeg | Posted - 17 September 2004 12:57   |

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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Hot Pizza Dip** [Send Topic To a Friend](#)

| Author  | Posting                                                                                                                                                                                          |
|---------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| phoffer | Posted - 5 November 2004 9:0   |

1 8 Oz. package cream cheese softened  
1/2 c sour cream  
1/4 tsp dried basil, crushed  
1/4 tsp garlic powder  
1/2 c pizza sauce  
1/4 c pepperoni, chopped  
1/4 c onions, chopped  
1/4 c green peppers, chopped  
1 c mozzarella cheese, shredded  
Preheat oven to 350 degrees  
mix together the cream cheese, sour cream  
basil and garlic powder,spread the mixture  
into a 9 inch pie plated. Pour the pizza  
sauce on top of the cheese mixture. Top  
with the pepperoni, onions and green peppers  
Bake for 10 minutes remove and sprinkle with  
the mozzarella cheese and cook for 5 more  
minutes or until cheese is melted.  
Serve with veggies, tastes fabulous with  
zucchini. Note\* you could probably use  
some oregano with the basil if you want.  
Enjoy!!!

Patricia Hoffer

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Starlite's Honey Mustard** [Send 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Honey Mustard Dressing** [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 taste  
Combine ingredients in small bowl and whisk together until blended well.  
Keep refrigerated.

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **anti vampire dip**

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| 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Spinach & Artichoke Dip, Legal?** [Send Topic To a Friend](#)

| Author         | Posting                                                                                                                                                                                            |
|----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Cinderella1124 | Posted - 16 November 2004 7:12   |

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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Double Salmon Dip** [Send Topic To a Friend](#)

| Author   | Posting                                                                                                                                                                                            |
|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Nanarb58 | Posted - 13 November 2004 6:52   |

This recipe is so quick and easy to make-it is delicious! (I skipped the caviar and substituted heavy cream for the milk)Enjoy!

DOUBLE-SALMON DIP

Be sure to use the whipped cream cheese sold in tubs—it will give this dip a smooth, light texture—and not the regular cream cheese in blocks. If the dip seems a little salty, just serve it with unsalted chips.

- 2 8-ounce containers whipped cream cheese
- 3 tablespoons whole milk (heavy cream)
- 4 ounces thinly sliced smoked salmon, cut into 1/2-inch pieces
- 2 tablespoons chopped fresh chives
- 1 2-ounce jar red salmon caviar

Using rubber spatula, mash whipped cream cheese and milk in medium bowl to blend. Fold in salmon and 1 tablespoon chives. Season with pepper to taste. Gently fold in caviar. Cover and refrigerate 2 hours to blend flavors. (Can be made 1 day ahead. Keep refrigerated.) Sprinkle dip with remaining 1 tablespoon chives. Serve dip chilled.

Makes about 3 cups.  
Bon Appétit  
March 2001

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **salt and mushroom rubs** [Send Topic To a Friend](#)

| 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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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  
1/4 teaspoon pepper  
1 Tablespoon somersweet(1/2 cup sugar equiv.)  
1/2 teaspoon paprika  
1/2 teaspoon dry mustard  
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

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| Author  | Posting                                                                                                                                                                                          |
|---------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| FrozH2O | Posted - 28 August 2004 8:52   |

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.

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 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.

However, I do recommend the salt rub on beef or chicken.. Just not with ketchup.

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| Author     | Posting                                                                                                                                                                                           |
|------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| lbsGottaGo | Posted - 9 October 2004 13:48   |

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 help.....I am out of sauce!

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **The Best Blue Cheese Dressing** [Send Topic To a Friend](#)

| 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.

- 3 ounces blue cheese, crumbled (about 3/4 cup)
- 5 Tablespoons cream
- 5 Tablespoons sour cream
- 3 Tablespoons mayonnaise
- 1 Tablespoon white wine vinegar
- 1/8 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

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 which uses buttermilk and sugar.

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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **where's the ketchup?** [Send Topic To a Friend](#)

| Author   | Posting                                                                                                                                                                                              |
|----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Gerilynn | Posted - 24 September 2004 10:36   |

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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **Salad Dressings - minus the OIL???** [Send Topic To a Friend](#)

| Author   | 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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| 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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[Forums](#) | [Pour It On \(Condiments, Dressings and Dips\)](#) | Thread: **cilantro chutney** [Send Topic To a Friend](#)

| Author           | Posting                                                                                                                                                                                              |
|------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| notsoskinnyminny | Posted - 12 September 2004 19:33   |

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.

So here my little contribution.

This chutney is great for a veggie sandwich with tomato, cucumberand red onion also with fish and chicken

Cilantro chutney

2 bunches of cilantro (ends removed but keep thinner stems)

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 like it)

salt and pepper to taste

chop the tomato, onion,garlic and jalapeno into large chunks and put them in the bottom of you blender

add cilantro bunches, salt and pepper and 1/4 of lemon juice

blend all for 2-3 minutes

should look like a pesto

taste and adjust seasoning

hope you like this...

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