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SAUCES/DRESSINGS:

Tdzaki:

1 cucumber- peeled & chopped fine
Fresh Dill – chopped fine
1 green onion – chopped fine
1 cup nonfat plain yogurt
½ cup lowfat sour cream

Combine all ingredients, mix well and chill for 1 hour, to allow flavors to meld.
Serve with: grilled fish (esp. salmon), steamed vegetables, on pita sandwiches.

Creamy Salad Dressing & Dip Base:

½ cup nonfat plain yogurt
½ cup light mayonnaise (like Hellman's light)
2 Tlb. Dijon mustard
Salt & pepper

Options: 1 tsp curry powder, _____

Vinaigrette: Try using a variety of flavored vinegars and oils and herbs to match what you will be serving this dressing with.

½ cup vinegar or lemon juice (or other fruit juice)
1-2 Tlb. sweetener (sugar, honey, syrup)
1 large fresh garlic clove pressed
¼ tsp. each of salt, basil, onion powder
½ tsp. oregano or marjoram
6-8 ounces extra virgin olive oil

Combine first 5 ingredients & mix well. Add oil and blend well.

Salsa:

2 fresh tomatoes, cut in half and seeds squeezed out
1/2 onion, peeled and quartered
1 Anaheim (mild) chili pepper, cut in half, seeds and veins removed
1/2 cup fresh cilantro, wash and remove stems
fresh lime juice

Preheat broiler. Make salsa by placing tomato, onion, and chili pepper on a flat cookie tray, skin sides up. Broil until skins blister and turn very brown. Drain off juice and discard. Place cilantro, roasted onion and roasted pepper into blender or food processor. Puree fine. Add tomatoes and pulse until chunky. Add fresh lime juice. Refrigerate until ready to serve.