

## Thousand Island Dressing

In a bowl, add:

Mayonnaise	¾ cup
Ketchup	2 Tablespoons
White Vinegar	2 teaspoons
Sugar	2 teaspoons
Sweet pickle relish	2 teaspoons
Onion, finely chopped	1 teaspoon
Salt	1/8 teaspoon
Black pepper	1/8 teaspoon

Stir well. Use as salad dressing or dip.

Keep refrigerated for 3-4 days in an air tight container.

Tip: Refrigerate for at least 1 hour if using for a later time.

Courtesy of Healthy Start for Mom & Me, Winnipeg  
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## Lemon Pepper Vinaigrette Dressing

In a bowl, add:

Lemon	1 whole
Oil	1 cup
White vinegar	1/3 cup
Black pepper	½ teaspoon
Salt	½ teaspoon

Cut lemon into 4 pieces and squeeze into a small bowl.

Add the remaining ingredients to the bowl. Stir well with a fork. Pour over salad.

Keep refrigerated up to 1 week in an air tight container. Stir again before use.

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## Italian Dressing

In a bowl, add:

Oil	¼ cup
Vinegar	¼ cup
Salt	¼ teaspoon
Black pepper	¼ teaspoon
Oregano	2 teaspoons
Basil	2 teaspoons
Garlic powder	2 teaspoons

Stir well and serve over 4 cups cut up raw vegetables or salad greens.

Keep refrigerated for 3-4 days in an air tight container.

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## Ranch Dressing

In a bowl, add:

Milk	1/3 cup
Mayonnaise, light	1/3 cup
Greek yogurt,	1/3 cup
Parsley, dried	1 teaspoon
Garlic powder	½ teaspoon
Onion powder	½ teaspoon
Salt	½ teaspoon
Black pepper	½ teaspoon

Stir well and serve over salad.

Keep refrigerated for 3-4 days in an air tight container.

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