

Garlic VIP Salad and Dressing

From an old family friend, Carolyn P.



VERY garlicky

DRESSING:

- 1 clove garlic, sliced
- 1 teaspoon salt
- 2 tablespoons lemon juice, fresh
- 1/4 teaspoon sugar
- 1/4 teaspoon pepper
- 1/4 teaspoon celery seed
- 1/2 teaspoon paprika
- 3/4 teaspoon dry mustard
- 1/3 cup salad oil

SALAD:

- 1/4 cup cauliflower, cut in florets
- 2 tablespoons sliced almonds
- 2 tablespoons Feta cheese
- 4 cups lettuce

Serving Ideas: In my house, this salad dressing is ALWAYS served with mixed greens, mostly head lettuce, cauliflower florets, almond slices and crumbled Feta cheese.

Servings: 4

1/2 cup is more than enough to dress a salad for 4 people. So, the nutrition count on the recipe isn't accurate (since it assumes you consume all the dressing in one salad). What makes this dressing is salting the garlic and allowing it to sit for a few minutes. It seems to draw out the garlic flavor.

1. Place sliced garlic in blender with salt and blend briefly. Allow to sit for 5 minutes. Add lemon juice, sugar, pepper, celery seeds, paprika and mustard and blend. Add oil and blend again until thoroughly combined. Allow to sit (covered) for an hour or two before using any dressing on a salad. Or, pour into another container and refrigerate for a few hours.
2. When mixing with your choice of greens, add sliced almonds and small cauliflower florets. Ideally, serve this within a few hours, but it will keep for at least a week. Shake well before pouring onto salad greens.

Per Serving (excluding unknown items): 208 Calories; 21g Fat (86.1% calories from fat); 3g Protein; 5g Carbohydrate; 2g Dietary Fiber; 4mg Cholesterol; 593mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 4 Fat; 0 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>