

Salad Dressing with Garden Herbs

Ingredients

- for 1 to 2 iceberg lettuce -
- 8 10 portions -

300ml light cream
75ml oil
75ml balsamic vinegar
½ teaspoon sugar
2 teaspoons salt and ½ teaspoon pepper or to taste
1 bunch chives, cut in little pieces
½ bunch parsley, chopped very finely
¼ - ½ bunch dill, chopped very finely
a few leaves borage or lemon balm, chopped very finely

Preparation

Wash the herbs in a colander/sieve and let the water run off; chop the herbs finely. Stir all the ingredients in a big bowl. Wash the iceberg or other lettuce and cut in strips. T

Stir all the ingredients in a big bowl. Wash the iceberg or other lettuce and cut in strips. Toss with the dressing and serve.

Keep in a paper bag/bread box or lightly covered in plastic bag. Don't let it sweat sitting in a bag in the sun.

Go Healthy Dietetics & Nutrition 7 Hunter Court Frankston VIC 3199 Ph 03 87070430 Mobile 0468 343644 <u>mail@go-healthy.com.au</u>, www.go-healthy.com.au