

**CAESAR DRESSING WITH FLAXSEED** Contributed by Jennie 1/1/03

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**INGREDIENTS:**

- 1 Tablespoon - Flaxseed
- 1/4 Cup - Water
- 2 Tablespoons - White wine vinegar
- 2 Tablespoons - Extra-virgin olive oil
- 1 Teaspoon - Worcestershire sauce
- 1/2 Teaspoon - Dijon mustard
- 1/2 Teaspoon - Anchovy paste
- 1/4 Teaspoon - Ssalt
- 1/4 Teaspoon - Freshly ground black pepper
- 1 - Garlic clove, crushed

**INSTRUCTIONS:**

Ground flaxseed contributes a nutty flavor, as well as omega-3 fatty acids, to salad dressings. The flax-seed mixture thickens as it stands and gives the dressing its texture. Try tossing it with romaine lettuce, Parmesan cheese shavings, and toasted bread cubes for a classic Caesar salad.

Place the flaxseed in a clean coffee grinder or blender, and process until finely ground. Place flaxseed meal in a medium bowl; add water, stirring with a whisk. Let stand 5 minutes. Add vinegar and remaining ingredients; stir with a whisk. Yield: 1/2 cup (Serving Size: 1 tablespoon).

Note: Store dressing in an airtight container in the refrigerator for up to 2 days. Store remaining flaxseed in the refrigerator; since it's high in fat, it can go rancid easily.

**NUTRITIONAL INFORMATION:**

CALORIES 40 (89% from fat); FAT 4g (sat 0.5g, mono 2.6g, poly 0.6g); PROTEIN 0.4g; CARB 0.8g; FIBER 0.4g; CHOL 0mg; IRON 0.1mg; SODIUM 133mg; CALC 5mg

**NOTES:** \_\_\_\_\_  
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