

Recipes for The Farm at Miller's Crossing, Week 13 – 2009

Carol Hargis, The Market Fresh Chef

Salad Dressing Edition

Creamy Dill Salad Dressing 2 cups

1 EGG
1&1/2 cups OLIVE OIL
1/2 tsp. minced GARLIC
1 Tbsp. Red wine VINEGAR
1&1/2 Tbsp. Dijon MUSTARD
1 tsp. LEMON JUICE
1&1/2 tsp. DILL
1 tsp. WORCESTERSHIRE
1/4 cup CREAM
S&P



Add egg to processor. Blend 1 minute. Slowly add oil. Add remaining ingredients & blend. Chill. Try over salad greens topped w/ steamed cold shrimp or poached salmon.

Peanut Yogurt Dressing (or dip for fresh fruit...)

Whisk 2T P-NUT BUTTER, 1/4c plain YOGURT, 1T WATER, 1/4t SALT, 2t LIME JUICE.

Pesto Vinaigrette 1&1/2 cups

1/4 cup walnut
1/2 cup basil
2 cloves garlic
1/4 cup white-wine vinegar
1/2 cup xv olive oil
1/3 cup Parmesan, grated
1/2 tsp. salt
1/2 tsp. ground black pepper



In small skillet on med-hi heat, toast walnuts, shake skillet often, 3 min. In processor pulse basil, garlic & vinegar 30 sec. Add nuts & with processor on, add oil in thin stream til mixture emulsifies. Add cheese, salt & pepper & process 30 sec. Refrig, covered.

Balsamic Sweet Basil Dressing

Whisk 1/2c olive oil, 1T balsamic vinegar, 2T chopped basil, 1t brown sugar, s&p.

Lo Fat Caesar Dressing 1 cup

3 tbsp. LEMON JUICE
2 tbsp. red wine VINEGAR
1 tsp. OLIVE OIL
2 tsp. ANCHOVY PASTE
1 tsp. PEPPER
1&1/2 tbsp. minced GARLIC
1&1/2 tbsp. WORSECTERSHIRE
1/4 cup PARMESAN cheese
3/4 cup low-fat RICOTTA
1 tbsp. low-fat MAYONNAISE
1 tbsp. BALSAMIC VINEGAR



Pour all ingredients into a processor or blender. Process or blend until smooth.