

HOME ECONOMICS GUIDE



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Make Your Own Low-Calorie Salad Dressings

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A salad dressing is a mixture or emulsion of ingredients that adds flavor to a salad and binds the ingredients together. They can be homemade or commercially produced.

Commercial salad dressings were first sold in the United States in the 1920s. Now, many kinds and many flavors of salad dressings are available at the supermarket. Because the cost of these dressings is not cheap, homemade dressings offer a substantial saving to the family. The time required to prepare these products is minimal.

A *basic* low-calorie dressing can be made from blended cottage cheese and buttermilk. From that *basic* recipe all kinds of spices, seasonings, herbs, bits of chopped and grated vegetables, cheese, bacon bits, chili sauce, diced pickles, and hard cooked eggs could be added. The ingenious meal manager can creatively develop the kind of salad dressing the family enjoys. A low-calorie dressing even can be made with a seasoned and flavored yogurt.

A low-calorie cream cheese dressing with buttermilk and lemon juice can form the basis for many other salad dressings and dips.

A fluffy fruit dressing can be made from whipped evaporated milk that is seasoned and flavored. It needs to be used in 2 or 3 hours. The whipped foam is stabilized by the addition of an acid and a dissolved and cooled gelatin mix. The gelatin flavor should suit the food that is served with it. Orange flavor would be good with orange sections and bananas, cherry flavor with red fruit and marshmallows, etc. This dressing could have more sugar added and be used as a topping for desserts.

A flavored tomato sauce salad dressing can be made that has a low calorie content. It will keep for a long period of time.

All finished products should be dated, refrigerated and used within the suggested storage time.

Basic Low-Calorie Dressing or Dip

(12 Calories per T.)

1 cup cottage cheese	(236 ml)
¼ cup buttermilk, may need up to 2-3 T. more	(59 ml)
¼ t. garlic salt	(1 ml)
1 T. dried parsley	(14 ml)
Speck pepper	(⅞ ml)
2 t. lemon juice (or vinegar)	(10 ml)
1 t. Monosodium glutamate (optional)	(5 ml)

Put all the ingredients in a blender and mix until smooth. Store in a glass container for up to 10 days.

Variations To Basic Low Calorie Dressing

Blue Cheese Dressing

1 recipe basic dressing	
1 T. grated onion	(14 ml)
3 or 4 T. crumbled blue cheese	(42-56 ml)

Fold in. Store like basic dressing.

Fresh Vegetable Dip

1 recipe basic dressing	
1 T. green onion - chopped	(14 ml)
2 T. grated cucumber	(28 ml)
2 T. finely chopped radishes	(28 ml)
1 T. finely chopped green pepper	(14 ml)

Mix together. Store for only 1 day.

Green Goddess

1 recipe basic dressing	
2 T. chopped fresh parsley	(28 ml)
2 T. chopped chives or green onion tops	(28 ml)
1 or 2 drops green food coloring	

Mix together. Store like basic dressing.

Creamy Italian

1 recipe basic dressing
1 T. chopped onion (14 ml)
2 T. grated Parmesan Cheese (28 ml)

Mix together. Store like basic dressing

Thousand Island

1 recipe basic dressing
3 T. Chili sauce (42 ml)
2 T. pickle relish (28 ml)
1 hard cooked egg, chopped

Do not blend. Stir until mixed. Store 2 days.

Other Recipes

Yogurt Dressing (10 calories per T.)

½ cup plain yogurt (118 ml)
2 T. orange juice - fresh (28 ml)
dash of salt
¼ t. dry mustard (1 ml)
1 t. grated orange rind (5 ml)

Mix the ingredients. Excess stirring causes the dressing to become thin. Use within 3 days.

Fluffy Fruit Dressing (15 calories per T.)

½ cup chilled evaporated milk - whipped (118 ml)
2 T. lemon Juice (28 ml)
1 T. sugar (14 ml)
1 T. gelatin mix (use color and flavor
suitable for salad) dissolved in 2 T.
boiling water. (14 ml)

Cool gelatin and fold into remaining ingredients. Use within 2 hours.

Cream Cheese Dressing or Dip (30 calories per T.)

1 - 3 oz. pkg. Neufchatel or Cream Cheese (85 ml)
2 T. buttermilk (28 ml)
1 T. lemon juice (14 ml)
¼ t. curry powder (1 ml)
½ t. grated onion (2.5 ml)

optional for dip: 1 T. grated carrots (14 ml)
2 T. grated cucumber (28 ml)

Blend in blender. Use within 2 days.

Tomato Dressing (7 calories per T.)

1 cup tomato sauce (8 oz.) (236 ml)
1 T. chopped onion (14 ml)
1 T. chopped green pepper (14 ml)
1 t. dried parsley or dried dill weed (5 ml)
¼ t. salt (1 ml)
⅛ t. dry mustard (.3 ml)
Speck pepper (white)
2 T. vinegar (28 ml)

Pour tomato sauce into blender. Add the remaining ingredients and blend until well mixed. Store in a glass or plastic container. It will keep for a week.

