

CARBCONTROL RECIPES

SALADS AND DRESSINGS

Blue Cheese Dressing – makes 1 cup

100 g blue cheese (eg Stilton, Gorgonzola, Roquefort, Danish Blue)

¼ cup mayonnaise

¼ cup sour cream

1 Tbsp white wine vinegar

1 tsp Dijon mustard

1/3 cup olive oil

salt and pepper

in a medium bowl, mash cheese. Mix with mayonnaise, sour cream, vinegar and mustard until well combined. Whisk in olive oil until blended. Season to taste with salt and freshly ground pepper.