

## **CARBCONTROL RECIPES**

### **SALADS AND DRESSINGS**

#### **Creamy Italian Dressing – makes 1 cup**

This dressing is great for greens and cooked vegetables alike.

½ cup mayonnaise

¼ cup cream

1 Tbsp white wine vinegar

1 garlic clove

½ tsp dried oregano

½ tsp dried basil

salt and pepper

Mix all ingredients and season with salt and freshly ground pepper to taste. Chill in the fridge for 30 minutes for flavours to blend.