



# 1000 ISLAND DRESSING

By Dr. Cindy Tanzar  
(Standard)

Good salad dressings are always a frequent request. On traditional low-calorie “diets,” the ingredients are usually low-fat (which means more sugar or artificial sweeteners).

While mayonnaise is one of those staples that can be difficult to replace, there are options. Primal Kitchen makes an avocado oil mayo, or you can make your own at home using avocado oil. This super easy dressing tastes really great. You can use it on salads, burgers, or as a dip.

One serving equals 2 Tablespoons and covers your fat for one meal.



## INGREDIENTS

- 1 cup GHS or Primal Kitchen Mayo
- 3 Tbsp GHS or Primal Kitchen ketchup
- 3 Tbsp dill pickle relish (can fine dice larger dill pickles)
- 1 Tbsp white distilled vinegar (apple cider will do, as well)
- 1/2 tsp Pink Himalayan salt
- 1/8-1/4 tsp stevia or Lakanto drops, or to taste (start with less and add more)



## INSTRUCTIONS

Mix all ingredients in a bowl and whisk well to combine. It's that easy! Store in a jar in the refrigerator for up to two weeks.