



FAT-BURNING SALAD DRESSING

By Dr. Cindy Tanzar
(Standard/Maintenance)

One of our most requested recipes is for salad dressing. It is one of the hardest things to purchase off of the grocery store shelves, as they are so full of inflammatory fats like soybean, canola or cottonseed vegetable oils. Their heavy content of Omega-6 fatty acids sets us up for a lot of trouble, including weight gain. This recipe includes the ultimate fat-burner - MCT oil. If you don't have any on hand, you can always use more olive oil. More options are given for different flavors, too. Primal Kitchen is a newer product on the shelves that is made with healthy avocado oil and is Genesis Health Solutions plan-approved, but there's nothing like creamy homemade dressing with fresh herbs.

Makes 6-8 servings. One serving is 1-1/2 to 2 Tbsp and covers your fat for one meal.



INGREDIENTS

- 1/4 cup Genesis Health Solutions homemade dressing (very good),
Primal Kitchen mayonnaise, or Hellman's organic mayo
- 1 tbsp Dijon mustard
- 1/4 cup extra virgin olive oil



2 tbsp MCT oil
2 cloves garlic
2 tbsp fresh lemon juice
2 tbsp freshly-chopped herbs of choice (parsley, oregano, basil, chives, etc.) or 1.5-2 tsp. dried herbs
Pink Himalayan salt and freshly-ground pepper, to taste

INSTRUCTIONS

Peel, crush and mince the garlic. Put the mayo, lemon juice, garlic, mustard, olive oil and MCT oil in a jar. Season with salt and pepper.

Add finely chopped herbs. Cover with a lid and shake until well combined. Store in the fridge for up to a week. Shake well before each use.

Suggestions for additional seasoning and substitutions:

- Use 1/2 tsp garlic powder instead of crushed garlic, or
- Add 1/4 tsp chili powder, or
- Add 1 Tbsp ketchup (no sugar) and 1/2 tsp onion powder

You can use other healthy oils instead of olive oil and/or MCT oil, like: avocado oil