

RECIPES

Cilantro-Lime Salad Dressing

This delicious salad dressing comes from the justly famous La Canasta restaurant in Saltillo. Please note that it is made with a raw egg, which helps the dressing thicken after at least 8 hours in the refrigerator. Because of concerns that raw eggs can carry salmonella, before making the dressing please assure yourself that your's is safe!

Ingredients

- 1 cup corn oil
- ½ cup rice vinegar
- 1 teaspoon lime juice
- 4 cloves garlic, peeled and coarsely chopped
- 1/3 cup white onion, coarsely chopped
- 1 tablespoon Worcestershire sauce
- 1 teaspoon sugar
- ½ teaspoon black pepper
- 1 bunch cilantro (about 1 ounce) coarsely chopped
- 1 large egg

Directions

1. Make the dressing. Combine all the ingredients in a blender and blend for 1 minute. Refrigerate the dressing for at least 8 hours or overnight. Use it to dress your favorite salad greens. It goes particularly well with avocado slices and bacon and can also be used as a sandwich spread or with potato and chicken salads.