

DOWNPOUR PARMESAN DRESSING



I've never been satisfied with the dainty amount of salad dressing served to me in restaurants. It comes in a thimble for cryin' out loud! Please don't recommend I dip my fork in the dressing cup before stabbing the lettuce, as a means to stretch it out. *That's just not going to cut it!* I prefer to flood my entire salad with Downpour Parmesan Dressing, covering every bite. I recognize that's probably overdoing it, but isn't salad dressing the best part?

¾ cup full-fat mayonnaise

½ cup grated Parmesan cheese

3 tablespoons 100% lemon juice

1 tablespoon Worcestershire sauce

1 tablespoon Dijon mustard

♦ ⅛ teaspoon salt

♦ ⅛ teaspoon ground black pepper

Stir to combine all ingredients in a medium bowl. Cover and store in refrigerator until ready to serve over a salad.

Pantry Staples

salt, ground black pepper

NET CARBS

1G

SERVES 12

PER SERVING

CALORIES	111
FAT	11G
PROTEIN	2G
SODIUM	213MG
FIBER	0G
CARBOHYDRATES	1G
NET CARBS	1G
SUGAR	0G
SUGAR ALCOHOL	0G

TIME

PREP TIME:	5 MINUTES
COOK TIME:	0 MINUTES

TIPS & OPTIONS

Once you see how easy it is to make your own low-carb salad dressing, the store-bought variety (often with corn syrup or added sugar) becomes much less desirable.

For extra kick, add a pinch of wasabi. Not too much, though. Umami is one thing, but burning your tongue off is another!