

CONDIMENTS, DIPS, SALSAS, SALAD DRESSINGS, MARINADES

Omega 3 Mayonnaise

1 whole egg	½ c olive oil
1 T lemon juice	½ c flaxseed oil
¼ tsp dry mustard	

Put egg, lemon juice and mustard in blender and blend for 3-5 seconds. Continue blending and slowly add oils. Blend until the mayo is thick. Scrape mayo into a snap-lock plastic container and refrigerate. The mayo should keep for 5-7 days. Makes 1 cup.

Veggie Dip

1 c Omega 3 Mayonnaise	½ tsp garlic powder
1 tsp dried dill	pepper to taste

Mix all ingredients together. It is better if refrigerated for 1 hour before serving, but it is not necessary. Makes a great dip for raw veggies or for use as a salad dressing. Makes 1 cup.

Tartar Sauce

1 c Omega 3 Mayonnaise	½ tsp dried dill
¼ c finely chopped red onion	¼ tsp paprika
½ T lemon juice	pinch of garlic powder

Mix ingredients together. Chill prior to serving. Makes 1¼ cups.

Guacamole Fiesta

3 ripe avocados	1 tsp freshly squeezed lemon juice
1 tsp coarsely ground black pepper	1 tsp garlic powder
1 jalapeno pepper, finely diced, destemmed and deseeded	

Mash avocados together with a fork or potato masher until smooth and then stir in all other ingredients until well mixed. Makes 1½ cups.

Ray's Catsup

3½ lb tomatoes, washed and sliced	1 tsp whole allspice
2 medium onions, sliced	1 tsp whole cloves
1/8 clove garlic	1 tsp whole mace
½ bay leaf	1 tsp celery seeds
½ red pepper	1 tsp black peppercorns
¼ c unsweetened fruit juice (white grape, pear or apple)	½" cinnamon stick
pinch of cayenne pepper	½ c lemon juice

Boil tomatoes, onions, garlic, bay leaf and pepper until soft. Add fruit juice. Mix spices (allspice, cloves, mace, celery seeds, peppercorns and cinnamon) and place into a small cloth spice bag. Add spice bag to mixture; bring to a boil and continue boiling, stirring frequently, until reduced by half. Remove the spice bag. Add lemon juice and cayenne pepper. Continue boiling for 10 minutes more. Bottle catsup in clean jars, with 3/4" of space at top of jar for expansion. Seal and freeze immediately. Always refrigerate container that is currently in use. Makes about 2 cups.

Quickie Guacamole

4 avocados, peeled	½ tsp cayenne pepper
½ tsp onion powder	½ tsp garlic powder
½ tsp ground black pepper	2 tsp lemon juice

Remove seeds from avocados, place in medium-sized bowl, and mash well. Combine with remaining ingredients and mix evenly. The lemon juice helps to keep the guacamole from turning brown. Makes 3 cups.

Anaheim Cilantro Salsa

2 garlic cloves	6 tomatoes, peeled, seeded & chopped
1 large yellow onion, quartered	1 c fresh cilantro
1 Anaheim pepper, quartered & seeded	1 tsp ground cumin
3 jalapeno peppers	fresh ground pepper to taste

Mince garlic, onions and peppers in a blender. Add tomatoes and cilantro and continue blending until ingredients are mixed but still slightly chunky. Add cumin and pepper. Refrigerate until ready to use. Makes 2 cups.

Peach Salsa

1 c fresh peaches, peeled & finely chopped	1 T lime juice
¼ c red onions, chopped	2 tsp fresh cilantro
¼ c yellow or green peppers, chopped	cayenne pepper to taste

In a medium-sized bowl, stir all ingredients together. Cover and chill for up to 6 hours.
Makes 2 cups.

Spinach Salad Dressing

3 T dry mustard	1 c burgundy wine
1 clove garlic, minced	1 c fresh tomatoes, pureed
1 T black pepper	2 c flaxseed oil
1 tsp cayenne pepper	1 c lemon juice
1 tsp paprika	

Combine all ingredients in blender. Pour into a cruet and shake well before each use.
Makes 5 cups.

Colorado Spinach Salad Dressing

1/3 c freshly squeezed orange juice	fresh ground pepper to taste
1/3 c freshly squeezed lemon juice	1 tsp minced fresh tarragon
1/3 c olive oil	1/3 c flaxseed oil

Combine orange juice with lemon juice and mix well. Add pepper and tarragon and stir.
Pour mixture into a cruet, add the oils, and shake vigorously to blend. Makes 1 cup.

Omega 3 Russian Salad Dressing

1 c fresh tomatoes	1 small scallion or 1 tsp onion powder
½ c flaxseed oil	1 tsp horseradish powder (optional)
½ c lemon juice	1 garlic clove (optional)
3 T freshly squeezed orange juice	1 tsp paprika

Put all ingredients in a blender and blend until smooth. Makes 1 cup.

Omega 3 Tomato Dressing

1 c fresh tomatoes	1 clove garlic
½ c flaxseed oil	1 onion, chopped
1/3 c lemon juice	

Put all ingredients in a blender and blend until smooth. Makes 1½ cups.

Raspberry Barbeque Sauce

2 tsp canola oil	¼ c Ray's Catsup
¼ c minced onion	¼ tsp dry mustard
1 T jalapeno chili, seeded & minced	¼ tsp cayenne
2 c fresh or frozen raspberries	

Heat oil in a heavy skillet and sauté onion and chili for about 10 minutes. Add catsup, mustard and cayenne and heat until simmering. Add raspberries and simmer for an additional 10 minutes. Remove from heat and let cool. Pour into blender and blend until smooth. Makes about 1½ cups.

Kona Local Marinade

½ c unsweetened fresh pineapple juice	3 T lime juice
¼ c olive oil	2 T fresh gingerroot, finely grated

Combine all ingredients in a small bowl and whisk until well blended. Use to marinate beef, chicken, pork or fish when BBQing. Makes about 1 cup.

Garlic and Herb Marinade

4 cloves garlic	1/3 c fresh parsley, chopped
4 T olive oil	6 T lemon juice
1/3 c fresh basil, chopped	1 tsp black pepper
1/3 c fresh oregano, chopped	

Mince garlic and place in blender. Add remaining ingredients and blend until well mixed. Use to brush on vegetables, chicken or meat before and during grilling or broiling. Makes ½ cup.