

Dan Ralston's Kitchen

Blue Cheese Salad Dressing

Makes About 1 1/2 Cups

This dressing is a variation of one I found in a *Gourmet Magazine*. If you like blue cheese you will love this dressing. The addition of flat leaf (Italian) parsley gives the dressing a nice spring green color and a refreshing taste. You will need a food processor or blender to make this easy (note that all of the main ingredients are measured in 1/3 cups) and versatile recipe.

1/3 Cup Buttermilk, 2% milk fat, cultured, reduced fat. (Shake it very well first.)

1/3 Cup Light Sour

1/3 Cup Light Mayonnaise

1/3 Cup Blue Cheese (or gorgonzola)

1/3 Cup Flat Leaf Parsley Leaves (packed)

1 TBS White Distilled Vinegar

¾ Tsp Salt

Black Pepper to taste

Process or blend the first 3 ingredients then add all the rest and process until smooth. Store in an air tight container in the refrigerator. I normally use this dressing on a red leaf lettuce salad with diced cucumber and celery for crunch. Cut the lettuce in half, wash and dry well then cut or tear each half into bite size pieces. In a large salad bowl toss the lettuce with about half of the dressing. Sprinkle lettuce with cucumber and celery and some more crumbled blue cheese (the extra cheese is optional) and serve. If you like blue cheese dressing with chunks of cheese in it add some coarsely crumbled cheese after completing the main recipe. This dressing also make a good dip for crudities.

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