

Fresh Low Fat Kefir Salad Dressing



TIPS:

1. Full-On Flavor with an Anti-Inflammatory Punch: This very quick & easy to make, fully-flavorful fresh low fat salad dressing contains kefir (a good bacteria, yogurt-like fermented milk drink), fresh garlic, fresh ginger, ground turmeric, mustard, apple cider vinegar, ground flaxseeds, ground black pepper, and honey - all of which are rich with anti-inflammatory benefits.

2. **Low Fat/LowSalt/Low Sugar:** The small amount of **fat, salt, and sugar** in this recipe come from **mustard, low fat kefir**, and **honey**, which therefore makes the dressing *low in sodium, fat, and sugar*, though please check the ingredients you use to make sure they comply safely if you are on a sodium, fat, and/or sugar restricted diet.

3. **About Vinegar:** This recipe calls for **apple cider vinegar**. Here's a quick comparison of commonly found vinegars. **Red wine vinegar** and **white wine vinegar** are most sour. **Apple cider vinegar** and **rice vinegar** are medium sour with a slightly sweet flavor. **Balsamic vinegar** has a robust sweet and sour flavor.

Preparation Time: about 10 minutes

Ingredients

(to make 2 cups or 16 ounces of dressing)

3 Cloves Fresh Garlic

Fresh Ginger Root (I like freezing ginger root to make it easier to grate and for longer, flavor-retaining storage)

1 Teaspoon Ground Turmeric

1/2 - 1 Teaspoon Ground Black Pepper

1 Tablespoon Ground Flaxseeds

1 Tablespoon Mustard

8 Ounces Apple Cider Vinegar

8 Ounces Low Fat Plain Kefir (can be substituted with plain low fat or non-fat yogurt)

1 Tablespoon Honey



Equipment

Large Sharp (Chef's) Knife

Cutting Board

Grater

Teaspoon

Tablespoon

16-Ounce Jar with a Snug Fitting Lid (or use a measuring cup and fork if you don't have a jar)



1. Chop **garlic cloves** by pulling **3 garlic cloves** from a **fresh garlic bulb**.



Cover one **garlic clove** a time with the flat side of a wide bladed (chef's) knife. Press on the top flat side of the knife with the heel of your hand until you hear and feel the **garlic skins** pop open.



Peel off the **garlic skins**. Then hold the **garlic cloves** securely to the cutting board with curled fingers, and let the side of the knife blade touch and glide along your curled knuckles as you cut the **garlic** into thin slices about 1/8 inch (3 mm) wide.



Finish by chopping the **garlic slices** into smaller pieces about as shown in the two pictures below.



2. Use a medium-fine grating surface to grate about 1 tablespoon amount of **fresh ginger**.



3. Add the following to a 16-ounce jar (or measuring cup if you don't have a jar):

chopped garlic and **grated ginger**

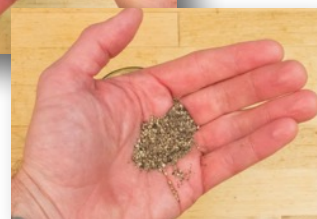
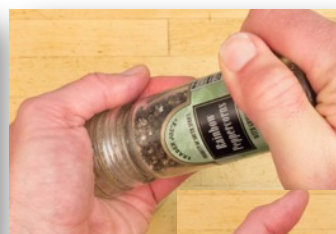


1 teaspoon ground turmeric



1/2 - 1 teaspoon ground black pepper

(which you can either measure as shown in the photo below on the left or estimate as shown in the two pictures below to the right)



1 tablespoon ground flaxseed



1 tablespoon mustard



8 ounces apple cider vinegar - I'm filling the 16-ounce jar halfway full with **apple cider**

vinegar



apple cider
vinegar



about 8
ounces

First shake the **container of low fat plain kefir** and then...



...add **about 8 ounces low fat plain kefir** -
I'm filling the jar the rest of the way full with

kefir making sure to leave air space at the top of the jar so that I can shake the **dressing**



Measure and stir in **1 tablespoon honey** - stir immediately to help the **honey** mix with the **cooler ingredients**



4. Screw the lid on the jar snugly (or stir the dressing vigorously with a fork if you're using a measuring cup).



Hold the jar securely with both hands and shake the **dressing** vigorously for 20 or more seconds, preferably over the sink in case the jar leaks, until the **ingredients** are completely mixed together...



...like this.



5. Use the **dressing** as is and, because the **kefir** is perishable, store any **leftover dressing** in the refrigerator for at least 1 week. When you're ready to use the **dressing** again, just first give it either a quick shake in a jar or a quick stir with a spoon or fork.

