

# Cooking corner

## One Simple Dressing Can Add A World Of Flavor

(NAPSA)—California Magic Dairy Dressing is an easy way to transform salads, sandwiches and entrees so they offer a world of flavor. Begin with a simple dairy-based dressing that can be made ahead and then add a few ingredients, such as herbs and spices, to create delicious dressings that will add international flavors to meals and snacks.

The real magic is in its versatility—as a dressing for salads, a topping for steamed vegetables, a spread on sandwiches, or a flavorful topping for grilled fish or chicken. Use it just about anywhere you would use a dressing and in place of some heavier sauces. It also makes a healthy dip for snacking with fresh vegetables.

The basic dressing combines low-fat cottage cheese, nonfat yogurt and a dash of lemon juice blended to a creamy consistency. At around 10 calories per tablespoon, California Magic Dairy Dressing is naturally low in fat and carbohydrates and will keep in the refrigerator for up to a week.

Add honey and mint to the basic recipe to serve up a taste of the Middle East, while a little curry and chutney magically delivers a spicy taste of India. With the addition of other ingredients, many of which you likely have on hand, you can create variations that bring a French, Asian or Mediterranean accent to everyday meals.

Below is the basic recipe for California Magic Dairy Dressing followed by serving ideas that show just how versatile this dressing can be. Feel free to experiment with favorite ingredients to create your own dressings.

For more information, visit [www.RealCaliforniaCheese.com](http://www.RealCaliforniaCheese.com).

### CALIFORNIA MAGIC DAIRY DRESSING (BASIC RECIPE)

Yield: 3 cups

**2 cups low-fat cottage cheese**  
**1 cup plain, nonfat yogurt**  
**2 teaspoons lemon juice**



**Turkish Honey Mint dressing is just one of many delicious variations.**

**Place all ingredients in a food processor or blender and process until smooth, 1-2 minutes. Store refrigerated in a tightly closed container for up to one week.**

**Note:** Substitute plain low-fat yogurt if preferred.

**Variations of the basic dressing:**

#### TURKISH HONEY MINT

**1 cup Magic Dairy Dressing**  
**2 tablespoons honey**  
**1 tablespoon chopped mint**

**In a small bowl, combine Magic Dairy Dressing, honey and mint; mix well. Store refrigerated in a covered container.**

#### FRENCH TWIST

**1 cup Magic Dairy Dressing**  
**2 tablespoons Dijon mustard**  
**1 teaspoon dried tarragon (or 2 teaspoons chopped fresh tarragon)**  
**1 teaspoon capers, rinsed and chopped**  
**½ teaspoon salt**

**In a small bowl, combine Magic Dairy Dressing, mustard, tarragon, capers and**

**salt; mix well. Store refrigerated in a covered container.**

#### CALIFORNIA ASIAN

**½ cup Magic Dairy Dressing**  
**¼ cup light miso**  
**¼ cup honey**  
**1 teaspoon soy sauce**  
**1 teaspoon sesame oil**  
**½ teaspoon chopped ginger**

**Place all ingredients in a food processor or blender and process until smooth, or chop the ginger fine and mix all ingredients together by hand. Store refrigerated in a covered container.**

**Note:** Miso is available at specialty stores and Asian markets.

#### INDIAN CURRY

**1 cup Magic Dairy Dressing**  
**1 tablespoon curry powder**  
**1 tablespoon chutney**  
**1 teaspoon lime juice**

**Place all ingredients in a food processor or blender and process until smooth, or chop the chutney very fine and mix all ingredients together by hand. Store refrigerated in a covered container.**

#### TANGY MEDITERRANEAN

**1 cup Magic Dairy Dressing**  
**2 tablespoons coarsely chopped green onions**  
**1 teaspoon coarsely chopped garlic**  
**2 ounces California Feta**

**Place all ingredients in a food processor or blender and pulse until the Feta cheese is the desired consistency; for a creamier-style dressing continue to process until smooth. To mix by hand, crumble the Feta cheese into a mixing bowl, add remaining ingredients and mix well. Store refrigerated in a covered container.**