

Let's Make Hearty Soups February 2015

Salad Dressings & Shopper Guide

Italian Balsamic Dressing

Ingredients:

$\frac{1}{4}$ cup balsamic vinegar

1 tablespoon mustard

$\frac{1}{2}$ cup olive oil

2 tablespoons flax oil

$\frac{1}{2}$ teaspoon salt

1 teaspoon basil

$\frac{1}{2}$ teaspoon pepper

Za'atar & Tahini Salad Dressing

Ingredients:

$\frac{1}{4}$ cup water

$\frac{1}{4}$ cup apple cider or rice vinegar

tablespoons flax oil

$\frac{1}{2}$ cup olive oil

1 teaspoon za'atar seasoning*

1 tablespoon mustard

$\frac{1}{4}$ cup sesame tahini

* Za'atar is a seasoning available in Middle Eastern markets or make your own (2 tablespoons sumac, 1 tablespoon thyme, 1 tablespoon roasted sesame seeds, 2 tablespoons oregano)

Directions:

Place all ingredients in pint jar. Cover tightly and shake well to mix.

EWG Shopper's Guide 2015 to Pesticide Residue

The Dirty Dozen:

- 1) Apples
- 2) Peaches
- 3) Nectarines
- 4) Strawberries
- 5) Grapes
- 6) Celery
- 7) Spinach
- 8) Sweet bell peppers
- 9) Cucumbers
- 10) Cherry tomatoes
- 11) Snap peas - imported
- 12) Potatoes

The Clean Team:

- 1) Avocados
- 2) Sweet Corn
- 3) Pineapples
- 4) Cabbage
- 5) Sweet peas, frozen
- 6) Onions
- 7) Asparagus
- 8) Mangoes
- 9) Papayas
- 10) Kiwi
- 11) Eggplant
- 12) Grapefruit