

DRESSINGS

**South-of-the-
Border
Caesar
Dressing**



BAY VALLEY
F O O D S

South-of-the-Border Caesar Dressing

Yield: About 1 quart

| INGREDIENTS: | AMTS: | PROCEDURE: | NUTRITION (Per 2 Tbsp. serving) |
|-------------------------------|----------------|---|--|
| Rod's® Caesar Dressing | 1 qt. (32 oz.) | Combine dressing, salsa, and cumin; mix well. | 130 calories |
| Prepared salsa | 3 Tbsp. | Cover and refrigerate several hours to blend flavors. | 1 g protein |
| Ground cumin | 2 tsp. | | 1 g carbohydrate |
| | | | 0 g fiber |
| | | | 13 g fat |
| | | | 2.5 g saturated fat |
| | | | 0 mg cholesterol |
| | | | 320 mg sodium |

CHEF'S TIPS:

• For a main dish salad, toss dressing with grilled chicken strips, grilled red and green bell peppers, and grilled onions. Serve on bed of romaine lettuce and accompany with warm flour tortillas.



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