

From Beth:

Low Carbohydrate Italian Dressing

1 Teaspoon Lemon Juice

1/3 Cup Olive Oil

1 Cup Water

1/2 Tablespoon Minced Garlic

1/2 Tablespoon Onion Powder

1 Tablespoon Oregano

1/2 Tablespoon Black Powder

1/2 Tablespoon Thyme

1/2 Tablespoon Basil

1/2 Tablespoon Parsley

1 Tablespoon Salt

For a Low Carbohydrate Ranch Style Dressing:

Mix 3 Tablespoons of the Italian Dressing with 1/2 Cup of Dukes Mayonnaise

Thanks, Beth.