

# Lean & Creamy Mustard Dressing

**Prep:** 15 minutes ~ **Cooking:** 5 minutes ~ **Yield:** 2 1/4 cups; 9 servings

## Ingredients & Directions

- 1 cup salt-free chicken stock, Bone-Building Broth (Page 278), **or** preservative-free chicken broth
- 1/2 to 1 teaspoon unrefined sea salt (reduce or omit if using salted broth)
- 1 clove garlic, minced or pressed, optional
- 1 1/2 to 2 tablespoons arrowroot powder (less with thick Bone-Building Broth; more with water or thin stock or broth)
- 1/2 cup additional stock, broth **or** water
  
- 1/2 cup extra-virgin olive oil **or** flax oil **or** unrefined sesame oil
- 1/3 cup lemon juice **or** 1/4 cup raw apple cider vinegar
- 1/4 teaspoon ground chipotle **or** black pepper
- 1 1/2 tablespoons Dijon mustard **or** 1 teaspoon dry mustard
- 2 teaspoons apple fiber powder, optional
- 1/4 teaspoon stevia extract powder **or** 6 to 8 drops stevia extract liquid

1. Bring 1 cup of stock or broth and salt to boil in small saucepan. Add garlic now if desired or in step 3 below. Simmer and stir to dissolve salt. Dissolve arrowroot in remaining 1/2 cup liquid. Add to saucepan, and stir or whisk over medium-low heat until thick and clear.
2. Cool at room temperature or chill for at least 1 to 2 hours.
3. Whisk remaining ingredients into thickened broth, or process in blender. Pour into jars, label, cover, and refrigerate. Use within 3 weeks.

## Variations

- \* To reduce fat to 8 grams per serving, reduce oil to 1/3 cup.
- \* **Lean & Creamy Honey-Mustard Dressing:** Omit stevia. Add 2 tablespoons honey or agavé nectar (cactus honey) in Step 1.
- \* Add 1 teaspoon dried crumbled oregano, basil, or tarragon, in step 2.

Nutrition

### 1/4 cup:

121 calories  
3 g carbohydrate  
12 g fat  
7 calcium  
131 mg sodium

This dressing reminds me of mayonnaise, only it's not as thick or as rich. It's delicious on tossed side salads and main-course salads. If possible, use our gelatin-rich Bone-Building Broth (Page 278) for added calcium, flavor and a thicker texture or use homemade chicken stock or broth.

Note: Apple fiber thickens the dressing and adds calcium and fiber. Look for it in natural foods stores or order it by mail (see Sources in Appendix D).