

Strawberry Salad Dressing

Get This:

- ¼ c. cider vinegar
- 1 T. minced onion
- ¾ t. paprika
- ¾ t. Worcestershire sauce
- ¾ c. truvia (or sweetener of choice)
- 1 - 1 1/2 c. fresh strawberries, washed, hulled and chopped (can use frozen)
- 1 c. no sugar added applesauce
- ¼ c. light tasting olive oil
- fresh strawberries, fresh blueberries, spring greens (or your favorite greens) and cooked chicken breast.

Do This:

1. In a blender combine all ingredients except oil.
2. Once blended well, add oil slowly, a little at a time, blending well after each addition until all the oil is added.
3. Blend well.
4. Top favorite salad greens with fresh strawberries, blueberries and cooked chicken.
5. Pour fresh dressing over top of everything.
6. Enjoy!

This salad dressing is the perfect blend of tart and sweet and goes well with the slight bitterness of spring greens, but you can use any greens you like.