



**BRAIN HEALTHY
COOKING**

Salad & Dressing

Fig Balsamic Vinaigrette Dressing



Ingredients

- ½ Cup Fig Balsamic Vinegar
- 1 Cup Olive Oil
- 2 TBSP Cod Liver Oil (Lemon Flavor)
- ¼ Cup Whole Grain Mustard or Dijon Mustard
- 3 Cloves Garlic (Minced)
- ½ Small Onion (Minced)
- 1 ½ TSP Dulse Flakes
- 2 TSP Spice of Life Seasoning (Senior Living Residence's own blend)

Directions

1. Whisk all ingredients together. Dressing will thicken. Pour over Mescaline Mix Salad or use as a tasty Marinade for Steak, Chicken or Fish.
2. Don't be alarmed by the cod liver oil – you can't even taste it in the dressing and it provides a brain healthy punch!
3. If you don't have SLR's special Spice of Life, substitute a spice blend, such as Trader Joe's "21 Seasoning Salute".

