

Salad Dressing & Marinade

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)

Whisk all ingredients together. Dressing will thicken. Pour over Mescaline Mix Salad or use as a tasty Marinade for Steak, Chicken or Fish.

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!

If you don't have SLR's special Spice of Life, substitute a spice blend, such as Trader Joe's "21 Seasoning Salute".



**BRAIN
HEALTHY
COOKING**

A recipe from the kitchen of 

SeniorLivingResidences.com

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)

Whisk all ingredients together. Dressing will thicken. Pour over Mescaline Mix Salad or use as a tasty Marinade for Steak, Chicken or Fish.

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!

If you don't have SLR's special Spice of Life, substitute a spice blend, such as Trader Joe's "21 Seasoning Salute".



**BRAIN
HEALTHY
COOKING**

A recipe from the kitchen of 

SeniorLivingResidences.com

