

Cheese and Tomato Dressing

This can be made either by hand or in a blender to be used with a green salads or salads made with cooked vegetables such as broccoli or spouts.

Ingredients:

½ cup Mayonnaise
½ cup Sour Cream
1 large tomato, skinned and mashed
1 teaspoon lemon juice
11 or 2 tablespoons soy sauce

½ teaspoon oregano
½ teaspoon thyme
1 teaspoon salt
1 clove garlic – crushed
½ cup finely grated tasty cheddar cheese.

Method:

Combine all ingredients except the cheese and beat well together

Fold in the grated cheese.

Check for seasoning.

(serves 4 – 6 people)