

## Recipe

### Salad with Double Dressing

## By

Anand Lila devi dasi



## Ingredients

### Vegetables:

- 1 iceberg lettuce cut into thin strips
- 2 carrots cut julienne style
- 2 cucumbers cut into thin strips

### **Sour cream dressing:**

- 2 Tbsp lemon juice
- 1/3 C light olive oil
- 1 Tsp salt
- ½ Tsp black pepper
- 2 Tsp yellow asafetida powder
- 1 green bell pepper (capsicum)
- ¾ C sour cream

### **Italian dressing:**

- 1/3 C lemon juice
- 2 Tbsp honey
- 1 Tsp salt
- 2 Tsp dried basil (or ½ C fresh basil leaves)
- 2 Tsp dried oregano
- ½ Tsp black pepper
- 2 Tsp yellow asafetida powder
- ¾ C extra virgin olive oil

### **Preparation**

1. Combine the vegetables in a large mixing bowl and keep aside.
2. For the sour cream dressing, blend all the ingredients except the sour cream in a blender to a fine paste. Transfer to a serving bowl. Whisk the sour cream until smooth and stir into the blended ingredients.
3. Blend all the ingredients except the olive oil in a blender. Transfer to a serving bowl and stir in the oil at last.
4. Place the vegetables on a serving platter and pour both the dressings as required and serve immediately.

### **Serves**

5-7

### **For further details please contact**

anandliladd@gmail.com

[www.iskcondesiretree.com](http://www.iskcondesiretree.com)

**Hare Krishna Hare Krishna Krishna Krishna Hare Hare  
Hare Rama Hare Rama Rama Rama Hare Hare**