

Orange Dressing

Try this as a dressing for your romaine lettuce. You can add finely chopped scallions to the salad.

This recipe comes from Nourishing Traditions by Sally Fallon. NewTrends Publishing, www.newtrendspublishing.com, 877-707-1776.

Makes about $\frac{3}{4}$ cup

3 tablespoons fresh orange juice
 $\frac{1}{2}$ teaspoon finely grated orange rind
1 tablespoon raw wine vinegar
 $\frac{1}{2}$ cup extra virgin olive oil
1 tablespoon unrefined flax seed oil

Place all ingredients in a bowl and stir vigorously with a fork.