

Food for the Body, Food for the Soul
Family Favorite Recipes from the St. Lad's Faith Community

*Our Dear Heavenly Father, we thank You for this food.
Feed our souls on the bread of life and
help us to do our part in kind words and loving deeds.
We ask in Jesus' name. Amen.*

Poppy Seed Salad Dressing

From the kitchen of Patty Cleary

This is a sweet dressing.

3/4 cup sugar

1/3 cup white vinegar

1 tsp. salt

1 tsp dry mustard

1 1/2 TBSP grated onion

1 cup vegetable oil

1 1/2 TBSP poppy seeds

In blender or food processor combine sugar, vinegar, mustard, salt and onion. Process until smooth. With machine still running add oil slowly. Stir in poppy seeds.