

## what's in a name?

SOME SALAD DRESSINGS HAVE UNIQUE NAMES.  
HERE'S HOW A FEW OF THEM CAME TO BE:

**Green Goddess** — This mixture of mayonnaise, anchovies, tarragon, vinegar, parsley, scallions, garlic and other spices was created at San Francisco's Palace Hotel in the 1920s for actor George Arliss, who stayed at the hotel while performing in "The Green Goddess" (a play that later became one of the first movies with sound).

**Russian** — The earliest versions of this dressing — a mixture of mayonnaise, pimentos, chives, ketchup and spices — also included a distinctly Russian ingredient: caviar.

**Thousand Island** — Made from bits of green olives, peppers, pickles, onions, hard-boiled eggs and other finely chopped ingredients, this dressing commemorates the Thousand Islands in the Saint Lawrence River.

**And what about "salad?"** It's from the Latin phrase "herba salta" or "salted herbs" — so called because greens were usually seasoned with dressings that contained large amounts of salt.

## salad dressing gets to the "heart" of the matter

- Researchers at Harvard University have found that salad dressings contain alpha linolenic acid, an omega-3 fatty acid that has protective effects against heart disease. Women who consumed one to two tablespoons of Italian-style salad dressing five to six times a week had about a 50 percent reduction in heart disease. (Mayonnaise and creamy-based dressings also had a beneficial effect, although not as great as the oil and vinegar-based dressings.)
- Salad dressing may be the next great cholesterol-fighter, according to the U.S. government. Government research found that adding four tablespoons of salad dressing that contains soybean sterols (a soybean extract) to an already low-fat diet can double the reduction in cholesterol. For some people, this might eliminate the need for special cholesterol-lowering drugs.



## honey-bee dijon dip

HEART SMART HONEY

- 1 Tbs. Dijon style mustard
- 1 Tbs. Grainy mustard
- 2 Tbs. Honey
- 1 Tbs. Light mayonnaise

In a small bowl, combine all ingredients until smooth and well combined. Serve as a dip for vegetables, chicken fingers or as a sandwich spread.