



salad dressing isn't just for salads anymore

Salad dressings have always added zest and flavor to our favorite salads. But that's just the tip of the iceberg lettuce! Consider these fun, alternative ways to use salad dressing in a variety of dishes:

- Marinate chicken breasts or fish fillets in Italian dressing prior to cooking.
- Use mayonnaise, sour cream and your favorite dry dressing mix to make a quick and easy dip.
- Use Thousand Island dressing in place of ketchup on hamburgers and sandwiches.
- Top a baked potato with Ranch dressing instead of sour cream.

The "Good for You" Fat

For centuries, salad dressing has been used to make nutrient-rich, low-fat, high-fiber foods taste better. When used properly and in the right amounts, salad dressing makes these typically bland foods more appealing — all while keeping fat intake at an acceptable level.

Some dietary fat is essential, providing energy and helping the body transport and use certain vitamins (including vitamins A, D, E and K). Salad dressing is made from vegetable oils, which are excellent sources of heart-healthy unsaturated fats. According to leading health authorities, it is important to consume unsaturated fats in place of saturated fats whenever possible.

For those who keep an extra-close eye on fat intake, there also are many flavors of light, reduced-fat, low-fat and fat-free salad dressings on the market.

just for fun: what your salad dressing says about you

According to a recent Telenation survey done for the Association for Dressings and Sauces, your salad dressing flavor preference says a lot about you:

People who prefer Ranch dressing — today's most popular salad dressing — are typically younger adults with children. They like to be healthy, but they have less time and energy for exercise and healthful eating.

Blue Cheese fans are among the wittiest of salad dressing users and are most likely to be middle-aged and male. Most do not participate in a regular fitness regimen and tend to favor leisure activities such as reading and watching television.

Those who favor Italian dressing love to try new things and have an adventurous spirit. Italian lovers are also more likely to dress in the latest fashions, have Internet access and work in professional jobs.

Most Thousand Island users enjoy social activities as well as cultural activities, such as concerts and plays. They even see themselves as sociable, which may explain why most are in executive or managerial jobs that require a lot of social contact.

Compared to other salad dressing users, **French fans** are less likely to be outgoing and more likely to be shy. They also see themselves as less witty and less spontaneous.