

Poppy Seed Church Dressing

Jane Smith

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1 1/2 cups sugar
2 teaspoons dry mustard
2 teaspoons salt
2/3 cup vinegar
3 tablespoons onion juice
2 cups salad oil (not olive oil)
3 tablespoons poppy seeds

In a bowl, mix the sugar, mustard, salt and vinegar. Add the onion juice and stir in thoroughly.

Add the oil slowly, beating constantly and continue to beat until thick.

Add the poppy seeds and beat for a few minutes.

Store in a cool place or in the refrigerator.

(Delicious with grapefruit or any fruit.)

Per Serving (excluding unknown items): 1337 Calories; 13g Fat (8.1% calories from fat); 6g Protein; 316g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 4274mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 2 Fat; 20 1/2 Other Carbohydrates.