

ORANGE POPPYSEED DRESSING

Issue 4-01

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2/3 c Safflower, corn or Canola oil
1/4 c Lime juice
2 Tb Orange juice
2 Tb Orange rind, grated
2 Tb Honey
2 Tb Onion, minced
1 Tb Poppy seeds
Salt & pepper to taste

Slightly toast the poppy seeds (see below). Place all ingredients in a screw-top jar. Shake vigorously. Chill until serving.

(For even more flavor, seeds should be slightly toasted in a 350 degree oven for about 5 minutes.)

Serves 8.