

Thousand Island Dressing

Ingredients	Pint		Quart		Directions
	Weight	Measure	Weight	Measure	
Reduced calorie salad dressing	11 oz	1 ¼ cups 2 Tbsp	1 lb 6 oz	2 ¾ cups	1. Combine salad dressing or mayonnaise and catsup. Blend well.
OR Lowfat mayonnaise	OR 11 oz	OR 1 ¼ cups 2 Tbsp	OR 1 lb 6 oz	OR 2 ¾ cups	
Catsup	4 ¼ oz	¼ cup 2 Tbsp	8 ½ oz	¾ cup 1 Tbsp	2. Add pickle relish, onions, chopped eggs (optional), and pimientos (optional). Mix well.
Sweet pickle relish, undrained		2 Tbsp		¼ cup	
Dehydrated onions		¾ tsp		1 ½ tsp	3. CCP: Refrigerate within 1 hour. Hold at 40° F or colder.
					Cover. Refrigerate until ready to serve. For best results, refrigerate overnight to develop flavor.
Fresh large eggs, hard-cooked, peeled, chilled, finely chopped (optional)		1 each		2 each	4. Stir or shake well before serving.
Canned pimientos, chopped, drained (optional)		1 Tbsp		2 Tbsp	Portion with 1 oz ladle (2 Tbsp).

SERVING:	YIELD:	VOLUME:
2 tablespoons (1 oz ladle).	1 Pint	1 Pint
	16 1 oz servings	
	1 Quart	1 Quart
	32 1 oz servings	
	Edited 2014	

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Salads and Salad Dressings

E-06

Nutrients Per Serving

Calories	62	Saturated Fat	0.61 g	Iron	0.19 mg
Protein	0.26 g	Cholesterol	8 mg	Calcium	4 mg
Carbohydrate	7.14 g	Vitamin A	89 IU	Sodium	277 mg
Total Fat	3.74 g	Vitamin C	1.2 mg	Dietary Fiber	0.3 g