

BLUEBERRY-POPPY SEED DRESSING

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photo: Love + Craft Kitchen

Bright and fruity with a slight touch of savory, this easy-to-prepare dressing is a fun addition to fresh fruit bowls and mixed green salads.

It can be prepared any time of year using fresh or frozen blueberries, and for a flavor variation, try using fresh or frozen sweet cherries.

Makes approximately 2 cups dressing

INGREDIENTS

- 1 cup fresh or frozen blueberries, thawed and drained if frozen
- 1 cup extra virgin olive oil
- 1/3 cup blueberry balsamic vinegar (good quality, sweet, fruity flavor)
- 2 teaspoons honey
- 1/2 tsp salt
- 1/2 tsp ground dry mustard
- 1 tablespoon poppy seeds

DIRECTIONS

1. Using a regular blender or wand blender, combine the blueberries, oil, vinegar, honey, salt and mustard. Process until very smooth and emulsified.
2. Stir in the poppy seeds.
3. Serve immediately, as desired, or store the dressing in a tightly covered container in the refrigerator for up to 3 weeks.

FLAVOR VARIATION: Cherry-Poppyseed Dressing

- Use cherry balsamic instead of the blueberry balsamic
- Use fresh or frozen pitted sweet cherries in place of the blueberries

SERVING IDEAS:

- Drizzle over fresh fruit such as berries, cherries, peaches, nectarines, kiwi, pineapple, mango or watermelon for a refreshing addition to breakfast, brunch or lunch.
- Sprinkle feta cheese over the top of the dressed fruit salad and serve as an appetizer or first course. *(This makes a great "Red, White and Blue Salad" for July 4 with blueberries, watermelon, strawberries or cherries and feta cheese!)*
- Drizzle over fresh Butter, Bibb or Leaf lettuce topped with grilled chicken breast, nuts, avocado, fresh blueberries (or other fruit) and feta or goat cheese for a flavorful entrée salad.