

# Hometown Food News

(518-758-7342) EMAIL: HOMETOWNFOODS@BERK.COM DRESSING & SAVORY SAUCES—JANUARY 2005

## Dilly Dressing

1 cup cottage cheese

1 cup cream cheese

1/2 cup sweet & sour sauce

2 T. chopped onions

2 t. dill weed

Combine all ingredients in a blender. Blend until smooth. Pour the dressing into a container. Keep refrigerated!

## Butternut Squash Chowder

1 cup butternut squash puree

1 cup vegetable broth

1/2 cup curry sauce

1/2 cup sweet corn kernels

1/2 cup cooked black beans.

Combine butternut squash puree, vegetable broth and curry sauce in a pot. Bring to a simmer. Add the corn and black beans and continue cooking. Ladle the soup into bowls. Serve warm.

## Savory Sauces!



Curry Sauce

Savory sauces are great for flavoring stir fry meals, soups, marinades or dressings.

Hometown Foods has created five sauces:

**Chili Sauce**  
**Curry Sauce**  
**Duck Sauce**  
**Italian Tomato Sauce**  
**Sweet & Sour Sauce**  
**Stir Fry Meals**

One package of sauce flavors a stir-fry meal of 1 lb. of vegetables and 4 oz. of meat. Ground beef and pork combine well with chili, Italian tomato or curry sauce. Duck sauce works well with pork, chicken and turkey. Sweet & Sour sauce can be used with all meats.

### Other Uses

We use sweet & sour sauce for dilly dressing. We use curry sauce for our butternut squash chowder.



Try dilly dressing on tomatoes, tossed salad, avocado, cooked broccoli and cauliflower. Or, use as a dip for carrots!

## Dilly Dressing for vegetables

Hometown Foods has created a low-calorie dressing using cottage cheese instead of oils, mayonnaise or sour cream. Many store dressings contain preservatives and use these high fat ingredients.

Our dilly dressing contains no preservatives or additives and is high in protein. It can be frozen for long term storage and then thawed in

the refrigerator for use.

The ingredient list reads:

Cottage Cheese, Cream Cheese, Hometown Foods Sweet & Sour Sauce (Water, Vinegar, Cider\*, Onions\*, Brown Sugar, Tomato Puree\*, Sugar, Arrowroot, Garlic\*), Dill\*, Gelatin

Compared to 2 T. of Litehouse Dilly Dip at 150 cal., our dressing is 45 cal.

## Local Veggies are the Best Choice!

Local vegetables are more nutritious and delicious than fresh produce that travels great distances. Whether you grow your own garden or stop at a road side stand, you can tell the difference in quality from store

But, sometimes vegetables need a dressing to tempt our taste buds. You will never have to cry again about the calories in a topping if you use our

**DILLY DRESSING!**