

Frugal Foodie Friday: Non-Fat Salad Dressing Bursting with Flavor

Here we are, embarking on one of the most glorious three-day weekends of the year. Memorial Day weekend stands for so much, but I can't help but dwell on its symbolism as the unofficial beginning of the barbecue / picnic / sunshine season. When we all emerge, eyes squinting, winter arms glowing, to fire some food on the barbecue and soak up some sun (hopefully!). Of course, no outdoor event would be complete without some salad options, but those mayo-rich dressing don't hold up well or safely in the hot sun. That is where my Sweet and Tangy Curry Vinaigrette Recipe comes in. Not only is it fat-free, but it can also be whipped up in mere seconds, using everyday items from your pantry! Really, what more could you ask for? Oh, and of course it is dairy-free, soy-free, nut-free, vegetarian, and optionally vegan.