

## **Roberta Brehm's Salad Dressing**

Lemons, cut in quarters (Meyers are my favorite)  
Garlic, finely chopped  
Honey or agave nectar (preferably raw unfiltered if using honey)  
Fresh thyme (optional)

Apple cider vinegar (preferably raw)  
Olive oil

Start by washing your lemons and cutting them in quarters. Put them in a bowl or jar. Then, add freshly chopped garlic to taste. I usually use one clove per two lemons because I like a lot of garlic. At this point, you can also add fresh chopped thyme if you want. I put in thyme when my salad greens are mild-flavored (like romaine or spinach), and delete it with stronger-flavored greens (like radicchio or arugula). Add enough honey or agave nectar to cover the lemons. Then, put this mixture in the refrigerator and allow to macerate overnight.

The next day get out the mixture and strain it. The mixture by itself can be used for a very effective herbal cough syrup- thyme is very good for the respiratory system, and garlic is a powerful antibacterial. Of course, we also know that honey and lemon are a very soothing combination. :) If using as a cough syrup, there is no official dosage for the amount to use - I just take it as needed, usually 4-7 spoonfuls per day.

If salad dressing is what you want, add apple cider vinegar and olive oil to taste. I never measure at this point, just add gradually and keep tasting until I like what I have. If you want, you can also chop some of the lemon peel and throw it in the dressing. Especially with Meyer lemons and their thin peels, they become nicely candied from the honey.