



The “Wedge”

Lost from restaurant menus of the 1970s it has begun to resurface as a “new” type of salad. I first ate a “wedge” at the Bullock’s Wilshire Tea room in the early 70s.

Yield: 4 servings

1	iceburg head, cut into 4 wedges
1/2 cup	Blue Cheese Dressing (below)
1/2 cup	cooked bacon pieces
1/2 cup	grape tomatoes, cut in half
	Freshly ground black pepper

1. Place a wedge of lettuce on a plate, pour dressing at the tip of the wedge, sprinkle with bacon and a few tomatoes. Grind fresh black pepper.

Blue Cheese Dressing

Here’s a rich and fresh creamy dressing with chunks of blue cheese.

Makes 1-1/2 cups

Food processor

4 oz	plain yogurt
1/2 cup	buttermilk
1/4 cup	prepared mayonnaise
1/4 cup	sour cream
1 tsp	dried onion flakes
1/2 tsp	garlic salt
2 oz	blue cheese, crumbled

1. In a food processor fitted with a metal blade, process yogurt, buttermilk, mayonnaise, sour cream, onion flakes and garlic salt until smooth, about 2 minutes. Transfer to a small bowl and fold in blue cheese.