

Sweet and Sour Dressing

Thelma V Snyder

The Pennsylvania State Grange Cookbook (1992) Spinach Squares

Yield: 6 cups

1 1/2 cups vinegar

3 cups oil

2 cups sugar

1 onion, finely chopped

2 teaspoons celery seed

1 tablespoon dry mustard

2 teaspoons salt

In a blender container, combine the vinegar, oil, sugar, onion, celery seed, dry mustard and salt.

Process until smooth.

Per Serving (excluding unknown items): 7459 Calories; 657g Fat (77.2% calories from fat); 3g Protein; 433g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 4281mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 131 Fat; 28 Other Carbohydrates.