

Avocado Lime Dressing



A whipped, creamy, and dairy-free topping that can double as a dip! This dressing adds a zesty flavor to salads, roasted vegetables, chicken, and shrimp dishes.

YIELD 12 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 10 MIN
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INGREDIENTS

2 each	Avocado, peeled and pit removed, diced or scooped if very soft
¾ cup	Water
1 each	Lime, zested and juiced
¼ tsp	Kosher Salt
¼ tsp	Garlic Powder
1 tsp	Olive Oil

CHEF'S NOTES

Using very soft, ripe avocados will result in a smooth, cream-like texture that is full of heart healthy unsaturated fats.

If you like a little more zip, you can add more lime juice. Cilantro or basil could also be added during blending for even more flavor.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Combine all the ingredients in a large blender pitcher. Start the blender on low and gradually increase to high speed. If necessary, scrape down the sides of the blender to fully incorporate all ingredients. Blend until smooth and creamy.
3. Dressing will keep for up to three days, refrigerated. Store dressing in an airtight container with a lid. To preserve the bright green color and minimize browning, place a layer of plastic wrap or parchment paper directly over the dressing.

Nutrition Facts

12 servings per container

Serving Size 2 Tbsp (70 g)

Amount per serving

Calories 70

% Daily Value *

Total Fat 5g 7%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 40mg 0%

Total Carbohydrate 4g 0%

Dietary Fiber 3g 10%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 1g 2%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.09mg 0%

Potassium 200mg 4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from Health meets Food "Avocado Lime Dressing" (3/11/19)



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