

Green Goddess Dressing



We replaced the mayonnaise in a traditional Green Goddess dressing with heart healthy, fiber-rich avocado, making this a guilt-free, creamy dressing option for all your favorite salads!

YEILD 12 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 10 MIN
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INGREDIENTS

For the Dressing:

1/4 cup	White Wine Vinegar
1/2 each	Avocado
2 Tbsp	Plain Yogurt, low-fat
1/2 each	Lemon, zested and juiced
1 Tbsp	Honey
1 clove	Garlic
2 each	Green Onion, roughly chopped
1/4 cup	Parsley or Cilantro, fresh, roughly chopped
1/4 tsp	Kosher Salt
To taste	Black Pepper, ground

CHEF'S NOTES

This dressing works well with any salad but we especially like it with hearty greens like kale that's been massaged a little. Try topping with sliced radish, strawberries, red onion, and toasted sunflower seeds.

This dressing is thick and creamy, making it a great choice for serving as a dip for raw vegetables. It also makes a quick, flavor-packed topping for simple grilled or sautéed chicken or fish.

DIRECTIONS

1. Gather all ingredients and equipment.
2. Combine all dressing ingredients in a food processor or blender and pulse until smooth and creamy. You may need to add a little water, one tablespoon at a time, to reach the desired consistency.
3. Pour the dressing into a small container with a lid (such as a jar). Leftover dressing will keep well in the refrigerator for up to 1 week.

Nutrition Facts

12 servings per container

Serving Size 1 Tbsp (23 g)

Amount per serving

Calories 20

% Daily Value *

Total Fat 1g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 45mg 0%

Total Carbohydrate 3g 0%

Dietary Fiber less than 1g 0%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 0g 0%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.05mg 0%

Potassium 49mg 0%

*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: Salad with Green Goddess Dressing (06/01/21)



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