

Mango Herb Dressing

This light dressing comes together quickly and has it all: bright mango blended with vibrant parsley and basil and a little acid to keep it zippy!

YIELD	PREP TIME	TOTAL TIME
20 SERVINGS	5 MIN	5 MIN

INGREDIENTS

1 each	Mango, ripe, roughly chopped
1 cup	Parsley, fresh, roughly chopped
¼ cup	Basil, fresh, leaves lightly packed
2 cloves	Garlic, roughly chopped
½ cup	Extra Virgin Olive Oil
¼ cup	White Wine Vinegar
¼ cup	Water (plus more, as needed)
¼ tsp	Kosher Salt

CHEF'S NOTES

This dressing will keep well stored in an airtight container in the refrigerator for up to 3 days.

This flavorful dressing can be used on salads and grain bowls. It also makes a great sauce for simple grilled chicken or seafood. You can customize the flavor with different herbs or by adding a jalapeño if you'd enjoy a little spice.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Add all ingredients to a large blender pitcher.
3. Starting on low and gradually increasing the speed, blend until smooth. Add more water, 1 Tbsp at a time, as needed to reach a pourable dressing consistency.
4. Use immediately or transfer to a container with a tight-fitting lid for storage.

Nutrition Facts

20 servings per container

Serving size 2 Tbsp (32g)

Amount Per Serving

Calories 60

% Daily Value*

Total Fat 6g 8%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 25mg 1%

Total Carbohydrate 3g 1%

Dietary Fiber 0g 0%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 0g 0%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.2mg 2%

Potassium 50mg 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.

