



Hilton Head Health

GREEN GODDESS DRESSING

This savory classic dressing made light with the use of non-fat yogurt and reduced-fat cottage cheese is delicious as a vegetable dip, salad dressing or sauce for seafood. Fresh herbs are preferred for the brightest flavor.

INGREDIENTS:

½ cup non-fat yogurt, drained
½ cup cottage cheese
1 teaspoon lemon juice
1 tablespoon rice wine vinegar
1 clove garlic, minced
½ cup fresh Italian parsley, minced
3 tablespoons fresh chives, thinly cut
1 ½ tablespoons fresh tarragon, minced
¼ tsp salt
¼ teaspoon freshly ground black pepper
¼ cup skim milk (as needed to thin)

PREPARATION:

- Place yogurt in a paper coffee filter-lined strainer, suspend strainer over a ‘catch’ bowl and let yogurt drain for 30 minutes or longer
- Place the first five ingredients in a food processor and blend until smooth
- Add chopped fresh herbs, salt and pepper to the processor and pulse a few times to incorporate
- Add skim milk as needed to achieve desired consistency (thin for a salad dressing, thicker for a dip or side sauce)

Yields 1 ½ cups

Serving size: 2 Tablespoons

Calories: 21

Fat Grams: trace