

GREEK GREEN GODDESS DRESSING

Bursting with fresh, punchy, herby flavor, Green Goddess is a seriously delicious sauce that is fabulous for so many uses. Of course, it is great to dress a greens salad. But, Green Goddess is also wonderful as a dip for fresh or grilled veggies, served along with grilled chicken, fish or pork, or with almost anything you would serve for a summertime meal.

Traditional Green Goddess dressing is made with a base of mayo and sour cream, and features slightly less common herbs tarragon and chervil. This variation opts for a base of creamy, protein-rich Greek yogurt and herbs you might be more likely to get your hands on; basil and mint. The result is an extremely flavorful sauce that happens to be more healthful too.

Gluten Free & Vegetarian

Total prep time: 15 minutes Yield: 1.5 cups

Ingredients

3/4 cup (170g) 2% Greek yogurt
1 cup (22g) basil leaves, lightly packed
1/4 cup (5g) mint leaves, lightly packed
1/4 cup (60ml) extra virgin olive oil
3 tbs. (24g) green olives, chopped
3 tbs. (45ml) lemon juice
2 tbs. (30ml) water
2 tsp. lemon zest
1 tsp. Dijon mustard
1 clove garlic, minced (about 1 tsp.)
1/2 tsp. flaky/Kosher salt
1/2 tsp. fresh ground black pepper

Directions

- Combine all ingredients in a high powered blender or food processor. Blend until smooth and herb leaves are small specks, about 2 minutes.
- Enjoy right away or store covered in the fridge for up to 3 days.

Notes

The flavor will be different, but still delicious if other herbs are swapped in for the basil and mint. You could try cilantro, parsley, or of course the traditional tarragon or chervil.

