



Green Goddess Dressing

INGREDIENTS:

½ cup	Low fat mayonnaise
½ cup	Mock sour cream (1% cottage cheese + 1 tsp lemon juice)
1 Tbsp	Vinegar
½ cup	Parsley, minced
3 Tbsp	Chives, minced
1 ½ Tbsp	Tarragon, minced
1	Clove garlic, minced
¼ tsp	Salt
¼ cup	Skim milk (as needed to thin)

PREPARATION:

- Combine ingredients in a food processor and blend until smooth.
- Thin with milk for use on more delicate lettuces such as butterleaf, mesclun, and leaf lettuces.
- Leave the thick for use on sturdier greens.

Number of servings:	8
Serving Size:	2 Tbsp.
Calories:	31
Fat Grams:	trace amounts

