



Elliott Evans Nutrition, LLC
Prevent and Protect
Jan Elliott Evans, PhD, RD, CNSD
Registered Dietitian
drevans@ub-well.com
www.ub-well.com
(804) 339-3200

FOUR-HERB GREEN GODDESS DRESSING

Cooking Light – June 2011

Yields about 1½ cups

Drape this dressing over greens, or serve as a dip for your favorite summer vegetables

Ingredients:

- 1 cup plain fat-free Greek yogurt**
- ½ cup reduced-fat mayonnaise**
- 2 teaspoons Worcestershire sauce**
- 2 teaspoons fresh lemon juice**
- ½ teaspoon hot pepper sauce (such as Tabasco)**
- 3 canned anchovy fillets**
- 1 garlic clove, minced**
- 2/3 cup fresh parsley leaves**
- ¼ cup chopped fresh chives**
- ¼ cup fresh chervil leaves (optional)**

Preparation:

- **Place first 7 ingredients in a blender or food processor; process until smooth.**
- **Add parsley and remaining ingredients; process until herbs are minced.**