

Creamy Dill Herb Sauce

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2/3 cup water
1/2 large avocado
1/3 cup fresh dill, packed
1/3 cup fresh parsley,
packed
1/3 cup raw cashews
2 tablespoons lemon juice
1 clove garlic
3/4 teaspoon salt
2 tablespoons olive oil

Preparation Time: 15 minutes

Cook Time: 45 minutes

In a food processor, combine the water, avocado, fresh dill, fresh parsley, cashews, lemon juice, garlic and salt.

Process on HIGH until the herbs, cashews and garlic are evenly and finely chopped.

While the processor is running, slowly pour in the olive oil. Process until the mixture is creamy.

Per Serving (excluding unknown items): 863 Calories; 79g Fat (77.8% calories from fat); 17g Protein; 34g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 1637mg Sodium. Exchanges: 1/2 Vegetable; 1/2 Fruit; 8 1/2 Fat.