

Four-Herb Green Goddess Dressing

Cooking Light Magazine

Preparation Time: 17 minutes

Start to Finish Time: 17 minutes

1 cup plain fat-free Greek yogurt
1/2 cup reduced-fat mayonnaise
2 teaspoons Worcestershire sauce
2 teaspoons fresh lemon juice
1/2 teaspoon hot pepper sauce
3 canned anchovy fillets
1 clove garlic, minced
2/3 cup fresh parsley leaves
1/4 cup fresh tarragon leaves
1/4 cup fresh chives, chopped

Place yogurt, mayonnaise, Worcestershire, lemon juice, pepper sauce, anchovies and garlic in a blender or food processor; process until smooth.

Add parsley, tarragon and chives; process until herbs are minced.

Yield: 1 1/2 cups

Per Serving (excluding unknown items): 338 Calories; 33g Fat (85.1% calories from fat); 1g Protein; 12g Carbohydrate; trace Dietary Fiber; 40mg Cholesterol; 725mg Sodium. Exchanges: 1/2 Vegetable; 0 Fruit; 6 1/2 Fat; 1/2 Other Carbohydrates.