

Green Goddess Dressing

8 Servings • 1 Serving = 2 Tablespoons



INGREDIENTS

- 1 cup low-fat plain Greek yogurt
- 1 Tablespoon lemon juice
- 1 clove garlic, mashed
- 1 Tablespoon chives, chopped
- 2 Tablespoons dill, chopped
- 1 Tablespoon parsley, chopped
- ½ teaspoon black pepper
- ½ teaspoon salt

DIRECTIONS

1. Combine all ingredients in a blender or food processor.
2. Blend until smooth.
3. Chill for half an hour before serving.

Nutrition Facts	
8 servings per container	
Serving size	2 tablespoons
Amount per serving	
Calories	15
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 34mg	2%
Iron 0mg	0%
Potassium 40mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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