



Basil Green Goddess Dressing

8 Servings • 1 Serving = 2 Tablespoons

INGREDIENTS

- 1 cup nonfat plain Greek yogurt
- 2 Tablespoons lemon juice
- 2 Tablespoons water
- 1 small clove garlic, mashed
- 2 Tablespoons basil
- 1 Tablespoon chives
- 1 Tablespoon parsley
- ½ teaspoon freshly ground black pepper
- ½ teaspoon salt

DIRECTIONS

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

Nutrition Facts

8 servings per container
Serving size 2 Tablespoons

Amount per serving
Calories **20**

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 2g 1%

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 54mg 4%

Iron 1mg 6%

Potassium 49mg 2%

*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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