



Northwell Healthy Choice Teaching Kitchen

Huntington Hospital

Executive Chef William Dougherty CEC, CDM and Pamela Bonney MS, RDN, CDN, FAND

Green Goddess Dressing



Green Goddess Dressing is perfect for dipping vegetables or adding flavor to a salad. This creamy mix is made with fresh herbs, avocado, garlic, anchovies, Greek yogurt, and mayonnaise base to give the characteristic vibrant color and bold flavor.

Ingredients

- ½ cup Greek yogurt, plain
- ½ cup Mayonnaise
- ½ cup Buttermilk
- 2 each lemon, juice and zest
- 1 clove garlic, minced.
- 2 tbl chives, fresh chopped
- 1 tbl tarragon, fresh chopped
- 1 tbl parsley, chopped.
- 1 tsp anchovy paste
- 1 each avocado
- 1 tbl mustard

Instructions (yields 2 cups)

1. Combine all ingredients in food processor or blender, pulse to smooth.
2. Keep refrigerated until needed.

Nutrition Facts 2Oz

295 Calories, 7g Total Fat (1g Saturated Fat),
297mg Sodium, 15g Protein
44g Carbohydrate (4g Fiber, 4g Total Sugars),

Micronutrients

Greek Yogurt: Magnesium, Phosphorous,
Potassium, Choline, Calcium.

Garlic: Manganese, Vitamin B6, & C

Avocado: Vitamin C, E, K, Folate, Niacin,
Pantothenic Acid, Magnesium, Potassium, Copper
Manganese

