

# Avocado Garlic Dressing

Adapted from *The New Southwest Cookbook* by Carolyn Niethammer



**Servings: 6**

*If avocado is small, use 1 1/2.*

1. To a blender add avocado, cilantro, jalapeno, vinegar, water, garlic and green onion. Blend well, until the mixture is smooth. Add more water in small amounts if it's too thick - it should be thick but barely pourable.
2. Add mayonnaise, thyme, oregano, blend a few seconds, then taste for seasonings. Add salt and pepper if desired. Makes about a cup; use about 3 T dressing per entree sized salad serving. Will keep just a few of days.

1 large avocado, peeled, coarsely chopped (ripe)

1 cup cilantro, packed

2 tablespoons white vinegar

2 tablespoons water

2 cloves garlic, chopped

1/2 jalapeno pepper, minced (you don't want any chunks)

1 whole green onion, coarsely chopped

3 tablespoons mayonnaise

1 pinch dried thyme

1 pinch dried oregano

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Per Serving (excluding unknown items): 120 Calories; 11g Fat (76.5% calories from fat); 2g Protein; 6g Carbohydrate; 1g Dietary Fiber; 2mg Cholesterol; 53mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons:

<http://tastingspoons.com>