

Avocado Green Goddess Dressing

Adapted from Molly Wizenberg article, *Bon Appetit*, 2009



If you have a small food processor, this will work better than with a large one, as the quantity is small and it will just spray the ingredients all around a large workbowl. The original recipe was for a double recipe. I added the mayonnaise to this recipe, and added chives rather than cilantro. This is not a true Green Goddess dressing, as the original contains no avocado - but uses equal quantities of sour cream and mayo. Salads require a bit more dressing - I think - than usual because the base ingredient here is avocado. You can use your own combination of herbs - like watercress, mint, even sage. It will change how it tastes, but that's the fun of it!

1. In a food processor combine the first 7 ingredients and pulse until it's a coarse puree. With machine running, gradually add through the feed tube the oil until blended well.
2. Transfer mixture to a small jar and whisk in the cream and mayonnaise. Then add the minced parsley, tarragon, chives, and basil. Whisk until it's completely blended, then season to taste with salt and pepper.
3. Cover and chill for at least 3 hours. Do not leave it out at room temp as the dressing will separate. Will keep for a few days.

Yield: 1 cup

Per Serving (excluding unknown items): 892 Calories; 97g Fat (94.0% calories from fat); 5g Protein; 9g Carbohydrate; 2g Dietary Fiber; 57mg Cholesterol; 450mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 16 1/2 Fat; 0 Other Carbohydrates.

- 1/4 avocado, about 3 1/2 ounces
- 1 1/2 tablespoons white wine vinegar
- 1 small garlic clove, minced
- 1 1/2 teaspoons anchovy fillets, finely chopped
- 1/2 teaspoon fresh lemon juice
- 1/4 teaspoon fresh lime juice
- 1 pinch sugar
- 1/2 small shallot, peeled, chopped
- 1/4 cup olive oil, plus 2 tablespoons
- 2 tablespoons heavy cream
- 2 tablespoons Italian parsley, chopped
- 1 tablespoon fresh tarragon
- 1 tablespoon fresh chives
- 1/2 tablespoon fresh basil, chopped
- 2 tablespoons mayonnaise

Serving Ideas: Although this is intended to be a salad dressing for greens, it also works well as a dip for fresh vegetables. It's not thick, however, but more like a pourable dressing. If you want it thicker, add some thick sour cream or thick Greek yogurt. It also makes a great "sauce" on a fish fillet, a chicken breast, or leftover beef.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>