



## today's main ingredient

A  LOCAL FOOD PODCAST



# Green Goddess Salad Dressing

*Serve with your favorite summer salad ingredients*

### INGREDIENTS - makes 1 1/2 cups

1 cup low-fat yogurt  
1 1/2 Tablespoons chopped flat-leaf parsley  
1 1/2 Tablespoons chopped basil  
1 1/2 Tablespoons chopped chives  
1 Tablespoon thinly sliced scallion  
1/2 teaspoon sugar  
1/4 teaspoon salt  
A dash of hot pepper sauce (optional)

**Preparation** - Process all ingredients in a food processor or a blender.

*Feel free to substitute any of the following herbs for those listed above: basil, dill, and/or mint.*

*Store excess in a covered bowl or bottle in the refrigerator.*