

Green Goddess Dressing with Veggie Dippers

YIELD: 20 servings

SERVING SIZE: 1 Tablespoon of Dressing with
4 baby carrots and $\frac{1}{4}$ of a small bell pepper

PREPARATION TIME: 15 minutes

THE INGREDIENTS

$\frac{1}{4}$ cup mayo, made with olive oil

$\frac{1}{4}$ cup low-fat plain yogurt (Greek preferred)

$\frac{1}{2}$ cup low-fat buttermilk

1 ripe avocado

2 Tablespoons fresh-squeezed lemon juice

Pinch of salt

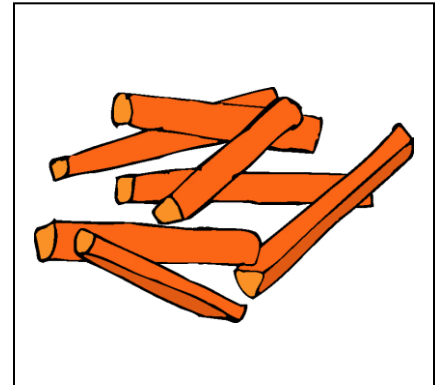
Dash of prepared hot sauce, such as Sriracha or Tabasco

$\frac{1}{4}$ cup chives, minced

1 clove garlic, minced

5 small yellow bell peppers, seeded and sliced

80 baby carrots



DIRECTIONS (HOW TO MAKE IT):

1. Whisk together mayo and yogurt, then add buttermilk.
2. In separate bowl, mash avocado and lemon juice with a fork or masher until very smooth.
3. Whisk avocado into buttermilk mixture.
4. Stir in salt, hot sauce, chives, and garlic- set aside.
5. Seed bell pepper and cut into strips for dipping.
6. Divide baby carrots and bell pepper strips among bowls and serve with 1 Tablespoon of dressing.

NUTRITION FACTS:

45 Calories; 2g Fat; 2g Fiber; 1g Protein; 3% Calcium; 1% Iron;
92% Vitamin C

