

GREEN GODDESS DRESSING



CANADA AGRICULTURE AND FOOD
MUSEUM – MUSÉE DE L'AGRICULTURE
ET DE L'ALIMENTATION DU CANADA

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Chock full of summery herbs, this versatile dressing can be drizzled over your favourite salad or fish, or used as a dip with vegetables and pita chips!

Ingredients

- 1 cup (250 mL) plain Greek yogurt
- 1 cup (250 mL) fresh parsley, finely chopped
- ¼ cup (60 mL) fresh chives, finely chopped
- ¼ cup (60 mL) fresh dill, finely chopped
- ¼ cup (60 mL) fresh mint, finely chopped
- 1 garlic clove, minced or ½ tsp (2.5 mL) garlic powder
- 1 tbsp (15 mL) extra virgin olive oil
- 1 tbsp (15 mL) fresh lemon juice
- Salt and pepper to taste

Preparation

1. In a food processor, add the Greek yogurt, fresh herbs and garlic, oil, lemon juice, salt, and pepper to taste. Blend well, until smooth and creamy.



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2. Drizzle over salad or fish for a dressing, or scoop into a bowl and serve with your favourite veggies, pita chips, or potato wedges. Enjoy!

Note: Get creative and use any other combination of fresh herbs you like to create a delicious tasting dip!