



Recipes

Sauces and Dressings

Creamy Herb Dressing

Prep Time: 15 minutes

Cook Time: none

Yield: 1 cup

Ingredients:

- ½ cup silken tofu
- 2 garlic cloves, sliced
- ¼ cup flat-leaf parsley
- 2 tablespoons fresh oregano
- ½ cup buttermilk
- 1 tablespoon lemon juice
- ½ teaspoon salt
- ¼ teaspoon black pepper

Directions:

1. Purée tofu in a food processor.
2. Add garlic, parsley and oregano and pulse 4-5 times.
3. Add buttermilk, lemon juice, salt and pepper.
4. Purée until all ingredients are combined.
5. Cover and refrigerate.