

Green Goddess Dressing

This delicious creamy green dressing , packed with phytonutrients & antioxidants, is excellent on green salads, as well as complements with veggie slaws, salads, dips, and a compliment to fish, chicken breasts, and pork.

Serves: Many

Prep Time: 10 min.

Lasts up to 2 weeks in the refrigerator

2 Tbsp Garlic, smashed and coarsely minced

2 Scallions, quarter lengthwise

1 ½ Tbsp fresh Italian Parsley, use mostly the leaves to maximize the flavor

½ cup fresh Basil, again mostly the leaves

¾ cup Organic Red Wine or Cabernet Vinegar

2 Tbsp Organic Creamy Dijon Mustard

1 ¼ cup Organic Extra Virgin Olive Oil

½ tsp freshly ground Flower of the Ocean Salt, Celtic Sea Salt, to taste

½ tsp freshly ground Black or Mixed Peppercorns, to taste.

In a Vita mix or Cuisinart food processor with a S blade,

- Add Garlic, Scallions, Italian Parsley, Basil, Cabernet Vinegar & Mustard, blend until smooth.

- Add Olive oil, Salt and Pepper to taste, blend until mixed well.

- Store in Glass bottle in the refrigerator, not plastic (out gassing of petrochemical toxins, known to disrupt the endocrine system, and toxify this planet we all share!).

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