



# RECIPES

## Green Goddess Dressing

### INGREDIENTS:

2 green onions  
½ green jalapeño pepper  
⅔ cup Greek yogurt  
½ cup lightly packed cilantro  
Juice from 1 lime (2 tablespoons)  
⅓ cup olive oil  
½ teaspoon salt  
1 tablespoon honey

### INSTRUCTIONS:

1. Chop the green onions. Seed and dice 1/2 jalapeño pepper.
2. Place the green onions and jalapeno pepper in the cup of an immersion blender (or in a blender).
3. Add Greek yogurt, cilantro, lime juice, olive oil, salt, and honey. Blend to combine.
4. Transfer to an airtight container; the dressing stores in the refrigerator for 1 week.

Makes about 1 cup

*For more recipes, visit [wjmc.org/recipes](http://wjmc.org/recipes)  
or call 504.349.1232*



Adapted from: <https://www.acouplecooks.com/healthy-green-goddess-dressing/>