

Green Goddess Dressing

1 cup loosely packed fresh parsley
¼ cup minced fresh chives
½ cup mustard greens, leaves only
½ tsp dried whole tarragon
1 cup low-fat cottage cheese
1/3 cup skim milk
3 Tbsp lemon juice
1 Tbsp tarragon vinegar
½ tsp hot sauce

Method:

Combine all ingredients in food processor or blender. Process until smooth. Chill

(By Chef Dan Brophy, Summer Cooking With Herbs Series 2012, Portland Nursery / Stark)