

SOUTHWEST GODDESS DRESSING

Dressing made with creamy avocado and garlic - best on Bibb, iceberg and romaine lettuce.

by Corporate Chef Kurt Kwaitkowski

Featured Food: Avocado

Yield: Makes 3 cups

Ingredients

3 cloves garlic	¼ t. cayenne pepper
½ c. shallots, large dice	¾ c. water
2 avocados, pulp only, large dice	¼ c. olive oil
2-3 T. fresh lime juice	¼ c. chopped cilantro
¼ c. sherry vinegar	Salt and pepper to taste
2 t. cumin powder	

Preparation

Blend garlic and shallots in food processor for 30 seconds. Scrape down sides of bowl and process again until ingredients are minced. Add avocado pulp, lime juice, vinegar, cumin and cayenne pepper and process for one minute. Scrape down sides of bowl and process again until all ingredients are well blended. Add water and blend for another minute. With food processor running, drizzle in olive oil and continue to run for 30 seconds.

Scrape dressing into mixing bowl. Mix in chopped cilantro. Taste and adjust seasoning with salt and pepper. For best flavor, let dressing sit for 30 minutes before serving.

Pour it over wedges of sturdy lettuce such as Bibb, iceberg or hearts of Romaine. Toss it with slices of cucumber, celery and carrots. Add rinsed canned beans and cooked grains or pasta for a complete meal.