

Recipe

Buttermilk Salad Dressing with Garden Herbs & Lemon

Ingredients:

- 1/3 cup of extra virgin-olive oil**
- 1/3 cup of cultured no-fat buttermilk (or plain Greek yogurt)**
- 1 large, ripe lemon—juiced**
- 1 tsp of salt**
- 1 tsp of black pepper**
- 5 fresh basil leaves (whole)**
- 10 fresh mint leaves (whole)**
- 3 fresh chives—rough-chopped¹**
- 2 tablespoons of flat-leaf parsley leaves (pulled off the stem)**
- 2 tablespoons of fresh cilantro stems/leaves (rough-chopped)**
- 1 tablespoon of wildflower honey**

Equipment:

Electric blender or food processor

Directions:

- Combine all of the above-listed ingredients in a blender or food processor.
- Blend on the highest speed for 2 minutes. Allow pale green, creamy dressing to form.
- Mix until a smooth dressing comes together. All of the herbs should emulsify with the buttermilk, honey, oil and lemon juice. No lumps or clumps desired.
- Pour the blended mixture into a mason jar and store, sealed, until you're ready to dress your salad or roasted vegetables.
- **Storage:** The dressing will stay good for 2-3 days afterward in the fridge. Liquids and solids in the dressing may separate in the fridge but just shake your mason jar or re-blend to create a smooth dressing.

Chef Chris Atwood's Notes:

Salad dressings at their simplest combine fat, acid, and flavor. In the case of a vinaigrette, that typically translates to olive oil plus vinegar plus some seasoning. But, your acid doesn't have to

¹ You can swap out the chives with other garden herbs—such as dill, fennel fronds, or tarragon.





come from vinegar. You can just as easily get it from citrus fruit and/or a tangy cultured dairy product—like, buttermilk and Greek yogurt.

This “salad” dressing can serve many lives in your kitchen — tossed with arugula and parmesan, drizzled atop roast carrots or grilled asparagus, or used as an overnight marinade for grilled steak or chicken. The buttermilk adds creaminess but no extra fat. And, the garden herbs brighten and lighten the buttermilk’s creamy texture.

