Roasted Garlic and Herb Salad Dressing

Description

This fresh and flavorful creamy roasted garlic and herb salad dressing is prefect on a crisp salad of Romaine lettuce. Made with fat free yogurt and light mayonnaise, this creamy garlic salad dressing is easy on the fat and calories as well.

Summary

Yield: 4
Source: family
Prep Time: 10 minutes
Category: Salad Dressings
Cuisine: American

Ingredients

- 10 cloves garlic, peeled
- 3/4 tsp extra virgin olive oil
- 3/4 cup fresh basil leaves, loosely packed
- 3/4 cup fresh italian parsley, loosely packed
- 3/4 cup fat-free yogurt, plain
- 1/2 cup light mayonnaise
- 1 1/2 tbsp balsamic vinegar

Instructions

Preheat oven to 375°. Toss the garlic with the olive oil and wrap loosely in aluminum foil. Roast the garlic in the over for about 45 minutes, until the garlic has softened. Remove from oven and allow to cool for 10 minutes.

Add the roasted garlic, basil and parsley to a food processor. Pulse to

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grind about times. Scrape the work bowl to push the mixture to the bottom. Add the yogurt, mayonnaise and balsamic vinegar. Process on grind until smooth and fully blended, about 30 seconds. Scrape the work bowl to push the mixture to the bottom and process another 15 seconds.

Transfer to a container to store. The salad dressing should keep for about one week in the refrigerator.

Makes about 1 cup.