

ISLAND GROWN

HARVEST ^{OF} THE MONTH

- April, 2015 -

SALAD GREENS

HERBED YOGURT DRESSING

1/2 cup Watercress
1/2 cup Parsley
3/4 cup Plain yogurt
1/3 cup Mayonnaise
2 TBL dill, chopped
2 TBL basil, chopped
1 TBL mint, chopped
3 scallions, chopped
1 tsp lemon juice
Salt and pepper to taste

Blanch watercress and parsley in a small pot of boiling water for 30 seconds. Drain, rinse in cold water, and squeeze out excess moisture. Cool. Transfer cooled watercress, parsley mixture and all other ingredients to a blender and purée until smooth. Taste for salt and pepper.

Serve on your favorite salad greens

Recipe by Robin Forte



For more information visit

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