



# Creamy Garlic Avocado Dressing

This is the basic recipe for a delicious alternative to Caesar dressing. This dressing was very delicious with our Asparagus, Bacon, and Leaf Salad Recipe!

## Ingredients

- **2** avocados
  - Buy them ripe if you will be using them immediately or later that day - should be a darker colour and be slightly soft when squeezed gently; if using a few days after purchase, buy them slightly green in colour and hard - they should be ripe by the time you use them. To speed up the ripening of your avocados, place them in a brown paper bag)
- **2 tsp.** of garlic
  - Can modify this amount, but remember that garlic flavor builds so be careful about adding more when the dressing is first prepared - wait a few minutes and taste it again before adding more
- **4** green onions (not required)
  - Substitute: chopping some red onion finely
- **Juice of 2** lemons or limes
- **½ cup** of olive oil
  - You can add a little bit at a time to get it to the consistency that you prefer - make sure that you add any oil while mixing thoroughly to avoid the oil from separating.
- **Salt and pepper to taste**

# Directions

1. Peel the skin off of the avocados and remove the pits (Cut the avocado in half, tap the pit with the knife - watch your fingers - and twist the knife slightly, the pits should remove easily)
2. Chop the avocados into smaller pieces and place them into a large bowl - or a food processor if you have one.
3. Chop up the garlic into fine pieces - or use a garlic press or rasp if you have one. Place the chopped garlic into the bowl or food processor.
4. Chop up the onion - if using them - into very small pieces and add them to your bowl or food processor
5. Squeeze the juice of two lemons or limes - if using them - directly into the bowl or food processor (you can do this using a citrus juicer like the one we used in class or you can simple cut the lemon in half or quarters and squeeze by hand)
6. If you are going to add any homemade dressings do so now.
7. Add the salt and pepper to taste.
8. Begin mashing and mixing your ingredients - you can use a potato masher, an immersion blender similar to the one Dianne was using, or a fork depending on what you have available. If you are using a food processor turn it on now.
9. While your dressing is being mixed, slowly add the olive oil through the tube of the food processor or directly into the bowl.
10. When the dressing reaches your desired consistency, adjust the salt and pepper flavouring if needed and pour it over your favourite salad. Enjoy!