

Ingredients:

- 1 cup parsley leaves
- 1 cup packed watercress or spinach leaves, stemmed or (1 C lightly packed fresh herbs (tender stems are ok) can use cilantro parsley, dill, basil and/or mint with ¼ C chives or green onions)
- 2 tablespoons tarragon leaves, rinsed
- 3 tablespoons minced chives (none if use other herb mix)
- 1 garlic clove, roughly chopped
- 2 anchovy fillets, preferably salt-packed OR SARDINES or omit
- 3 tablespoons fresh lemon juice
- 1 tablespoon plus 1 teaspoon Champagne vinegar or sherry vinegar (can omit)
- ¼-½ cup avocado or olive oil (garlic or rosemary oil or all Greek yogurt)
- ½ cup mayonnaise, (Greek yogurt)
- 2 t capers
- Kosher salt to taste
- Freshly ground pepper



Instructions:

- 1) In a food processor, combine the yogurt, parsley, mixed herbs, chives, lemon juice, zest, olive oil, capers, garlic, salt, and pepper. Pulse until well combined. Season to taste.
- 2) Serve as a dip or toss with salad greens. Store in an airtight container in the fridge for up to 5 days.

Notes:

Makes just over 1 cup

*To make this non-dairy: Use 1 cup raw cashews + ½ cup water in place of the yogurt and omit the fish. Blend all ingredients, except the herbs, in a high-speed blender until creamy. Add the herbs and pulse to combine. If your dressing is too thick, mix in little water or more olive oil. This version will not work in a food processor because the cashews won't get as creamy as they do in a blender.