

# Creamy Walnut Dressing



- 1/2 cup **raw walnut pieces**, soaked for 6-8 hours, rinsed and drained
- 1/4 cup **water**
- 1 **small garlic clove**
- 1 **large lemon**, juiced
- 1 **teaspoon fresh oregano**
- 1 **teaspoon fresh rosemary**
- 1 **teaspoon fresh thyme**
- 1/2 **teaspoon sea salt**
- 1/4 cup **extra virgin olive oil**

- 1 In a small food processor or blender, combine all ingredients except oil. Blend well.
- 2 While equipment is running, slowly add oil.
- 3 Refrigerate and serve chilled.

Per Tablespoon serving: 110 calories, 1g protein, 2g carbohydrate (1g fiber), 12g fat (1g sat, 11g mono/poly), 145mg sodium

Serves 4

## SEASONED COOK

If you don't have 6-8 hours to soak walnuts, cover them with water and microwave for 1-2 minutes. Rinse, drain and continue as directed.