

Creamy Zucchini Dressing

Yield: approximately 1 cup

Ingredients:

½ large zucchini or 1 small (4 ounces/110gm), rough chopped
1/3 cup lemon juice
2 cloves garlic
½ teaspoon salt
1 tablespoon herbs (Italian, greek, herbs d' provence)
1 -2 tablespoons prepared mustard
1 tablespoon nutritional yeast (optional)

¼ cup light miso
¼ cup water

Directions:

Place chopped zucchini, lemon juice, garlic cloves, salt, herbs, mustard and nutritional yeast in high speed blender (such as a Vitamix) and blend on high for about 30 seconds. Add miso and water and blend again until completely smooth and creamy.

Notes:

Dressing can be stored in the refrigerator for up to one week in a sealed glass container.