

Why say goodbye to salads during the Fall and Winter? For a light, flavorful salad dressing, try this oil-free avocado dressing recipe. It's packed with nutrients and avocados are a Vitamin E powerhouse!

### Ingredients:

2 large, ripe Hass avocados, halved, seeded and peeled



3 - 4 garlic cloves

1 small - medium onion

Zest of 2 limes

2-3 teaspoons of lime juice (to taste)

1/2 cup light sour cream or yogurt (plain)

2 - 4 Tablespoons cilantro to taste

1/2 teaspoon salt

1/2 teaspoon black pepper

A few dashes of your favorite hot sauce (optional)

### Directions:

In a food processor or a blender, combine avocados, garlic cloves, onion, lime zest and lime juice. Blend until smooth. The dressing will still be a little thick. Stir in sour cream or yogurt, cilantro, salt, pepper and hot sauce. Serve over your favorite salad or use as a dip.