



Healthy Broccoli with Green Goddess Avocado Dressing
Deconstructed salad that's packed with flavorful ingredients

Avocado Dressing:

- 1 ripe avocado, seeded, chop
- 1/4 cup plain Greek yogurt
- 2 Tablespoons fresh lemon juice
- 2 Tablespoons olive oil
- 2 Tablespoons packed fresh chopped parsley leaves
- 2 Tablespoon chopped fresh chives
- 1 teaspoon dried basil
- 1 clove garlic, chopped
- 4 to 8 Tablespoons water or as desired
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

Fresh Broccoli Salad

2 crisp cooked bacon slices, chopped
1 medium head fresh broccoli, trimmed; washed
1 cup small grape tomatoes
1 mini cucumber, sliced
4 Tablespoons chopped red onion
1 lemon half, cut into wedges
1/4 cup chopped parsley

Prepare Dressing: In a food processor or blender, combine avocado, yogurt, lemon juice, oil, parsley, chives, basil, and garlic; process to form thick mixture. While processing, add water about one tablespoon at a time until desired consistency; season with salt and black pepper. This classic West Coast dressing serves double duty as a thick and creamy dip for crudités or a flavorful dressing for robust lettuces

Pan Fry Bacon: Fry bacon in small skillet; cook over medium heat until brown and crisp; transfer to paper towel lined plate. Crumble or cut into pieces when cooled. Set aside.

Cook Broccoli: Cut broccoli florets from medium head; place in microwave safe bowl; microwave on high power until bright green, about 3 minutes; stir halfway during cooking. Remove; let cool several minutes.

To Serve: Spoon some of the avocado dressing on serving platter; mount the broccoli florets in center of plate; arrange tomatoes, cucumbers, onions, and lemon wedges on platter. Drizzle dressing over as desired; serve remaining dressing on the side. Sprinkle the dish with bacon bits if desired and minced parsley. Serves: 4

Cook's Note: Adding bacon is an optional ingredient. Omit if desired. Green Goddess Dressing usually has anchovies, mayonnaise, and assorted herbs. Add ingredients as desired.

About the Recipe: This spring green salad is refreshingly creamy since it uses tangy yogurt and is full of herb flavor. It's the perfect partner for healthy broccoli florets, that are surrounded with fresh tomatoes, red onions, and cucumbers. A sprinkle of bacon bits and curly parsley adds a picture-perfect finishing touch