

Creamy Tomato Dressing

Recipe By Zest Bake Shop



Cooking and Prep:  20
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Serves:  8

Contains:   

Preference: Dairy

This is an excellent hearty and low-fat dressing (there's no oil!) for a dairy meal.

Difficulty: Easy

Diet: Vegetarian, Pescetarian, Yield: 1/2 cup dressing

Gluten Free, Low Fat

Source: Whisk by Ami

Magazine

Ingredients (11)

Main ingredients

- 3 ripe tomatoes
- 1/4 cup cottage cheese
- 3 tablespoons fresh lemon juice
- 1 teaspoon salt
- 1 teaspoon **Gefen Oregano**

1 teaspoon **Gefen Basil**

1/8 teaspoon black pepper *(optional)*

For Serving

Romaine lettuce

Roma tomatoes, quartered

red onions, cut into wedges

whole wheat croutons

Start Cooking

Prepare the Dressing

1. Place all ingredients in a food processor or blender and blend until smooth. Refrigerate until ready to use.
2. Serve over a bed of lettuce, quartered Roma tomatoes, purple onion wedges, and whole wheat croutons.