

Avocado Cilantro Sauce

A deliciously creamy sauce perfect for meats, veggies and even salads



This velvety smooth avocado dressing is a tasty mix of herbs, creaminess, citrus and savoriness. It is just at home on tacos and fish as it is being used for a salad dressing. This is an extremely simple sauce because all that is required is a food processor or a large blender to puree the mixture. The reason we're able to get an entire 1/4 cup serving of this Avocado sauce for 1 point is that we are being smart with our ingredients. We're stretching out the Avocado with water, broth and greek yogurt to get a lot more servings out of it which decreases the points per serving.

The end result is a sauce that is creamy and smooth with a subtle lime flavor, a healthy dose of cilantro and a delicious richness from the Avocado.

Serving Info.:

YIELDS: 2-1/2 cups

Servings: 10

Serving Size: 1/4 cup



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*- last checked 11/15/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.*



Ingredients:

- 1 medium Avocado
- 2 medium garlic cloves
- 1 cup fresh cilantro
- 3 Tbsp lime juice
- 1/2 cup water
- 1/2 cup fat free chicken broth
- 1 cup plain fat free greek yogurt
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/4 tsp olive oil (get a bottle that says 'strong' or 'robust' flavor, if possible)

Directions:

1. Carefully slice the avocado in half, remove the pit and skin, then place the avocado into the food processor.
2. Add all of the remaining ingredients to the food processor and then puree on high speed for around 1 minute, or until the ingredients are broken down and smooth.
3. Season with additional salt and pepper, if necessary.
4. Serve immediately or chill in the refrigerator.

Notes:

- This is more of a savory sauce than a bright citrus one. If you would prefer it to have a less savory taste, then replace the chicken broth with additional water. Do not add any pepper, and only season with a minimal amount of salt, to taste, after the rest of the ingredients are finished being pureed.
- Add more water to thin the mixture, if you want a thinner sauce/dressing
- Because this recipe uses such a small amount of olive oil, I highly recommend buying a bottle that says 'robust' flavor or other word to denote a bold olive oil flavor.

