

Walnut-Herb Dip

INGREDIENTS

1/2 cup basil, dill or mint leaves
1/2 cup parsley leaves
1 clove garlic
1 green onion, coarsely chopped
1/2 cup toasted walnuts
1/2 teaspoon Worcestershire sauce
1/2 teaspoon dry mustard
3/4 teaspoon kosher salt
1/4 teaspoon black pepper
1/4 cup extra virgin olive oil or walnut oil
3 ounces cream cheese
1/2 cup plain yogurt



Pulse the herbs, garlic, green onion, walnuts, Worcestershire sauce, mustard, salt and pepper in a food processor until finely ground.

With the motor running, pour in the olive oil.

Add the cream cheese and yogurt and process until smooth. Scoop into a serving dish and refrigerate until ready to serve.

Makes 1-1/2 Cups

Created for the AeroGarden by award-winning chef and author, Jerry Traunfeld