

## **CARBCONTROL RECIPES**

### **SALADS AND DRESSINGS**

#### **Green Herb dressing – makes 1 cup**

½ cup mayonnaise  
½ cup sour cream  
1 Tbsp white wine vinegar  
¼ cup chopped parsley  
2 Tbsp chopped fresh tarragon  
1 tsp anchovy paste (optional)  
salt and pepper

Process all ingredients except salt and pepper in a blender or food processor. Add 2 Tbsp of water and blend until smooth. Add salt and pepper to taste.