

Betty's Tomato and Lettuce Salad with Green Goddess Dressing



Uploaded on 20 Sep 2010

In this video, Betty demonstrates how to make a fresh and healthy Tomato and Lettuce Salad with Green Goddess Dressing. In this salad red leaf lettuce is topped with fresh tomato slices, which are then drizzled with homemade Green Goddess salad dressing. The salad dressing is a wonderful blend of sour cream, mayonnaise, lemon juice, garlic, green onion, flat-leaf parsley, tarragon, chives, and is seasoned with salt and pepper. This salad makes a beautiful display on a serving dish, and it is incredibly tasty.

Ingredients:

- ½ cup sour cream
- 1 cup mayonnaise
- 1 clove garlic, finely chopped
- 1/3 cup chopped green onion
- 1/3 cup chopped fresh flat-leaf parsley
- 2 tablespoons chopped fresh tarragon
- 2 tablespoons chopped fresh chives
- 1 tablespoon anchovy paste (optional—I did not use the anchovy paste, as a personal choice.)
- freshly ground sea salt, to taste
- freshly ground black pepper, to taste
- red tomatoes (for slicing)
- lettuce leaves (I used red leaf lettuce.)

In a blender or food processor, place ½ cup sour cream, 1 cup mayonnaise, 1 clove chopped garlic, 1/3 cup chopped green onion, 1/3 cup chopped fresh flat-leaf parsley, 2 tablespoons chopped fresh tarragon, 2 tablespoons chopped fresh chives, 1 tablespoon anchovy paste (optional), some freshly ground sea salt, and some freshly ground black pepper. Blend until creamy and pale green. Cover and chill in the refrigerator for 4 to 8 hours before serving. To serve, place lettuce leaves on a salad dish, slice red tomatoes over them (about 3 slices per serving). Drizzle Green Goddess dressing over the tomatoes and serve immediately. This is a great addition to any meal, and it looks very elegant! I hope you enjoy this Tomato and Lettuce Salad with Green Goddess Dressing!!! --Betty ☐