

GREEN GODDESS DRESSING



PREP TIME
15 minutes

COOK TIME
No cooking required

READY IN
15 minutes



SERVINGS
1 cup

FOREST INGREDIENTS

Scurvy Grass
Goose tongue greens
Beach Greens
Lovage
Watermelon Berry
Leaves

Ingredients

¼ cup Sour Cream
½ cup avocado mayonnaise
2 Tbsp. lemon juice
¼ cup beach greens
½ cup lovage
¼ cup goose tongue greens
10 watermelon berry leaves
4 stalks of scurvy grass

Steps

- Clean all beach greens. For the scurvy grass, remove the pods with the seeds and discard the stalks and leaves.
- In a food processor add sour cream, mayonnaise, lemon juice and all of your greens. Process until smooth.
- Serve over salad or use as a vegetable or chip dip. Store any leftovers in the refrigerator.

Notes

Be sure to properly identify all beach greens and plants used for this recipe. All foraged greens mentioned in the recipe, other than the Watermelon berry leaves were harvested from coastal beaches. The watermelon berry leaves were harvested from the forest.

Other names for the forest greens:

Lovage: Beach Parsley

Scurvy grass: Spoonwort

Goose tongue greens: Sea Plantain

Watermelon Berry Leaves : Twisted Stalk