

## CREAMY SOUTHWESTERN DRESSING

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Cool, creamy yogurt, warm southwestern spices and a splash of lime juice tantalize your taste buds. This thick, creamy dressing compliments anything to which you wish to add a bit of zip - tossed salad, grilled fish or chicken, tacos, burritos, wraps or bowls, potato salad or coleslaw. Check out the salad idea listed following the dressing recipe.

Use either a mild or spicier chili powder, whatever your preference. And plan ahead just a bit - after mixing all of the ingredients, give the flavors at least 30 minutes to blend for best results.

Makes: approximately 1 ¼ cups dressing

### INGREDIENTS

- 1 cup yogurt (Greek, regular, or plant-based)
- 1 tablespoon lime juice
- 1 teaspoon honey or molasses
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1/4 teaspoon dried cilantro (or 1 teaspoon minced fresh cilantro leaves)
- 1/4 teaspoon dried oregano (or 1 teaspoon minced fresh oregano leaves)
- 1/4 teaspoon dried garlic powder
- 1/4 teaspoon dried onion powder
- 1/4 teaspoon kosher salt
- 1/8 teaspoon ground black pepper

### DIRECTIONS

1. Place all of the dressing ingredients into a small mixing bowl. Whisk them together until smooth.
2. Transfer to a storage container, cover and refrigerate for at least 30 minutes to allow flavors to blend.
3. Serve.

Note: Dressing will last up to 2 weeks in a covered container in the refrigerator.

### Salad Idea

Create a tasty Southwestern-Style Salad by tossing together any or all of the following ingredients. Top it off with this Creamy Southwestern Dressing and enjoy.

- any type of mixed greens
- any protein - black beans, chickpeas, chicken, beef, tofu, other favorite
- red or sweet onions
- corn
- tomato
- bell pepper
- avocado
- cucumber
- radishes
- Colby-Jack or cotija cheese
- tortilla strips or crumbled chips
- fresh cilantro