



Christy Boston's Kitchen

Website:

www.christybostonskitchen.com

Yield:

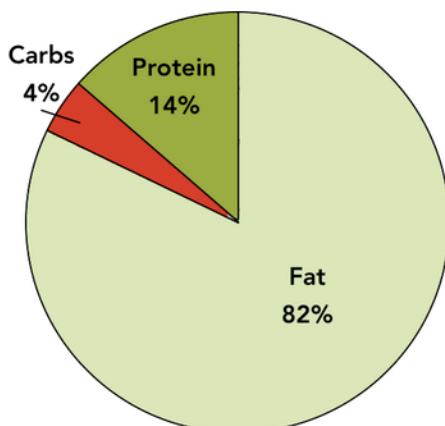
2 cups (16 servings)

Total Time: 15 mins

Nutritional Info per serving:

Cal: 118.2, Fat: 11.2g, Protein: 4.2g,
Net Carbs: 1.3g, Sugar: 1.0g

Macros:



Easy Make-From-Scratch Blue Cheese Dressing

Ingredients:

- 2 tablespoons Dijon mustard
- salt and pepper to taste
- 1 egg yolk
- 2 teaspoons chopped fresh parsley
- 1 clove garlic, finely chopped
- 2/3 cup olive oil
- 2 tablespoons red wine vinegar
- 2 teaspoons lemon juice
- 16 ounces plain greek yogurt, full fat
- 3 ounces blue cheese crumbles

Directions:

1. Using a stand mixer with the whisk attachment, combine the mustard, salt, pepper, and egg yolk on high speed until the mixture becomes pale and creamy. While the mixer is running, add the parsley and garlic.

2. Very slowly add the olive oil, a tablespoon at a time, while the mixer runs at high speed. Do not rush this step! Once the oil is added and the dressing has emulsified, add in the vinegar and lemon juice. Continue to mix until well blended.

3. Reduce the mixer's speed to medium and add the yogurt until well combined, then turn off the mixer. Taste the dressing and season with more salt and pepper, as needed.

4. Remove the mixing bowl from the stand. Stir the blue cheese crumbles into the dressing with a rubber spatula. Transfer the dressing to a large jar with a tight-fitting lid and store in the refrigerator for up to two weeks.