

Fresh Banana Cilantro Dressing



TIP: This very quick & easy to make low fat salad, vegetable - or anything you want - dressing contains fresh banana, fresh cilantro, fresh garlic, ground ginger, ground turmeric, mustard, apple cider vinegar, white balsamic vinegar, and ground black pepper - all of which are rich in flavor and full of anti-inflammatory properties.

Preparation Time: about 10 minutes

Ingredients

(to make 2 cups or 16 ounces of dressing)

1 Ripe Banana

4-5 Cloves Fresh Garlic

1 Tablespoon Ground Turmeric

1 Tablespoon Ground Ginger

1 Handful Fresh Cilantro

1 Tablespoon Mustard

1/2 Cup (4 ounces) Apple Cider Vinegar

1/2 Cup (4 ounces) White Balsamic Vinegar

(optional - you can use any balsamic vinegar or just replace the balsamic vinegar with another 1/2 cup apple cider vinegar)

1/2 - 1 Teaspoon Ground Black Pepper



Equipment

Large Sharp (Chef's) Knife

Cutting Board

Blender

Teaspoon

Tablespoon

Measuring Cup

16-Ounce Jar



1. Peel and add **a ripe banana** to a blender.



2. Pull **4-5 garlic cloves** from a **fresh garlic bulb**.



Cover one **garlic clove** a time with the flat side of a wide bladed (chef's) knife. Press on the top flat side of the knife with the heel of your hand until you hear and feel the **garlic skins** pop open.



Peel off the **garlic skins.**, and add the **peeled garlic cloves** to the blender.



3. Add **1 tablespoon ground turmeric**, **1 tablespoon ground ginger**, and **1 tablespoon mustard**.



4. Rinse and shake dry **1 big handful of fresh cilantro**, and add the **rinsed cilantro** to the blender.



5. Add **1/2 - 1 teaspoon ground black pepper** (either estimate as shown in the left photo below or measure as shown in the right photo below).



6. Measure **1/2 cup (4 ounces) apple cider vinegar** and...



...**1/2 cup (4 ounces) white (or any) balsamic vinegar** (or just use 1 full 8-ounce cup of apple cider vinegar), and...



...add that to the blender.



7. Put the top on the blender jar and put the blender jar on the blender base.



Turn the blender on to **HIGH** speed and blend for about 1 minute until what the blended **dressing** looks about...



...this.



8. Pour the **dressing** into a container and use with

your favorite salads, over roasted or cooked vegetables, on grains - imagination is your only limit! Store any **leftover dressing** in the refrigerator for a week.



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