



Vibrant Turmeric Dressing

Ingredients:

- 4 Tablespoons Extra Virgin Olive oil
- Juice and zest of 1 lemon
- 1 Tablespoon of Apple Cider Vinegar (“with the mother”)
- 1/2 avocado
- 1 Tablespoon ground turmeric
- 1 Tablespoon Local Honey
- Sea salt and fresh ground pepper to taste



Turmeric and pepper work synergistically together to decrease inflammation !

Instructions:

- Put everything in food processor or blender and pulse until smooth!
- Enjoy on salads, veggies, fish or chicken!

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