



February 26, 2013

## Recipe of the Week: Cilantro cashew dressing



We're pretty excited about the [Healing Foods Dinner](#) coming up on March 7, hosted by [BlueWater Grill](#) and [Alegría Fresh](#). To get us into the natural and sustainable food spirit, Alegría Fresh provided us with our "Recipe of the Week" – Cilantro cashew dressing. This dressing will add an extra kick to your regular old salad and tastes amazing!

**Cilantro cashew dressing** *Courtesy of Alegría Fresh, created by Alegría subscriber Laura Taylor*

### *Ingredients:*

1 cup cashews, soaked overnight, rinsed and drained 1/2 cup water 2 tablespoons cider vinegar 2 teaspoons dried mustard Juice of 1 lemon 2 cloves garlic 1 piece jalapeno pepper, seeded 1 handful cilantro Herbamare Seasoning, to taste

### *Directions:*

1. Blend everything until very, very creamy.
2. Add additional water if you want a thinner sauce.
3. Taste and adjust seasoning as desired.

4. Pour on top of your favorite, fresh salad and enjoy!