

Workshop: Culinary Artistry

Paints:

Canvas:

Avo-ziki Sauce

Yield: 2 cups

Ingredients:

- 2 avocados
- ½ c. cucumber grated
- 2 small cloves garlic, grated
- 2 lemons, juiced
- ¼ c. extra virgin olive oil
- salt and pepper, to taste
- 2 tbsp. fresh dill, finely chopped

Method: Blend till smooth.

Red Pepper and Artichoke Sauce

Yield: 2 cups

Ingredients:

- 1 7-ounce jar roasted red peppers, drained
- 1 6-ounce jar marinated artichoke hearts, drained

Coupons

- ½ cup chopped fresh parsley
- ½ cup grated Parmesan cheese
- ⅓ cup virgin olive oil
- ¼ cup capers, drained
- 4 cloves garlic, chopped
- 1 tablespoon lemon juice
- Salt and pepper to taste

Method: Pulse until desired consistency.