HEALTHY RANCH DRESSING

yields about 1 cup

INGREDIENTS

1/4 cup low-fat Greek yogurt
1 garlic clove, minced
1/4 tsp onion powder (can substitute 1 Tbsp fresh onion, finely minced)
1 tsp fresh chives, minced
1 tsp fresh parsley, minced
2 tsp yellow or deli mustard
3/4 cup low-fat buttermilk*
Salt and pepper, to taste

METHOD

In a small bowl or food processor, combine all ingredients except for buttermilk, salt and pepper. Slowly incorporate buttermilk until dressing has a smooth consistency. Adjust seasoning as necessary. Store in refrigerator.

*If you don’t have buttermilk, make your own!

1 tablespoon of lemon juice + 1 scant cup of milk = 1 cup buttermilk