Healthy Ranch Dressing
Yields about 1 cup

Ingredients:
1/4 cup low-fat Greek yogurt
1 garlic clove, minced
1/4 tsp onion powder
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

Directions:
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