

CHEF & CHILD FOUNDATION RECIPE COLLECTION

LOW FAT RANCH DRESSING

Paul Kennedy, CCC
ACF Tidewater Chefs Chapter

SERVINGS PER RECIPE: 9.5
SERVING SIZE: 2 tbsp



Ingredients:

- ¾ cup low fat, plain yogurt
- ¼ cup low-fat sour cream
- 2 tablespoons red onion, peeled, trimmed, minced
- 2 tablespoons parsley, cleaned, minced
- 2 tablespoons dill, minced
- 1 tablespoon lemon juice
- 1 teaspoon lime juice
- 1 garlic clove peeled, minced
- Kosher salt, to taste
- Black pepper, fresh ground, to taste

Directions:

1. Combine yogurt, sour cream, onions, herbs, juices, and garlic in a mixing bowl.
2. Blend together thoroughly
3. Season to taste with salt and pepper.

Special thanks to Vince Blancato for collecting these recipes and Clemson University for providing the nutritional facts. The American Culinary Federation, Inc., established in 1929, is the premier professional organization for culinarians in North America. With more than 20,000 members in 225 chapters nationwide, ACF is the culinary leader in offering educational resources, training, apprenticeship and accreditation. In addition, ACF operates the most comprehensive certification program for chefs in the United States. ACF is home to ACF Culinary Team USA, the official representative for the United States in major international culinary competitions, and to the Chef & Child Foundation, founded in 1989 to promote proper nutrition in children and to combat childhood obesity. For more information, visit www.acfchefs.org.

Nutrition Facts

Serving Size (30g)
Servings Per Container
Calories 25
Fat Cal. 10

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 1g	2%	Total Carb 2g	1%
Sat. Fat 0.5g	3%	Fiber 0g	0%
Trans Fat 0g		Sugars 2g	
Cholest. 5mg	2%	Protein 1g	
Sodium 70mg	3%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.			
Vitamin A 4% • Vitamin C 4% • Calcium 4% • Iron 0%			



CHEF & CHILD
foundation
AMERICAN CULINARY
FEDERATION

