LOW FAT RANCH DRESSING
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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.

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

*Percent Daily Values (DV) are based on a 2,000 calorie diet.