

Homemade Ranch Style Dressing with Fresh Dill

Serves 4

Ingredients

1/2 cup of plain low-fat plain Greek yogurt
1/4 cup of buttermilk
1/4 cup light mayonnaise
1 T. lemon juice concentrate
1 T. fresh dill, minced
Dash sea salt
Dash course ground black pepper

Directions

1. Add dressing ingredients to a pint jar. Shake well.
2. Drizzle dressing over fresh vegetables or a salad mixture.
3. Season with black pepper, to taste.



Nutrition Facts per serving; 92 Calories, 7g Total Fat, 2g Saturated Fat, 0g Trans Fat, 11mg Cholesterol, 140mg Sodium, 6g Carbohydrates, 0g Dietary Fiber, 2g Protein