

CREAMY HERB YOGURT DRESSING

Makes 1-1/4 cup

INGREDIENTS

1/2 cup 1% white milk
2 Tbsp. lime juice
1 cup plain fat-free Greek yogurt
1/4 tsp. salt
1/4 tsp. ground black pepper
1 tsp. granulated onion
1 tsp. garlic powder
1 tsp. dried basil
1 tsp. dried dill
1 tsp. dried parsley

INSTRUCTIONS

1. Combine milk and lime juice in a mixing bowl. Allow mixture to rest for 10 minutes.
2. Blend in the yogurt to the lime and milk mixture. Let mixture rest for 5 minutes.
3. Add rest of ingredients to mixture. Mix for 2-3 minutes until blended.
4. Chill at least 12 hours before serving to allow to thicken.

NUTRITIONAL FACTS: PER SERVING

Calories: 35	Calcium: 70 mg
Total Fat: 0.32 g	Protein: 5 g
Saturated Fat: 0.12 g	Carbohydrates: 3.36 g
Cholesterol: 2.81 mg	Dietary Fiber: 0.26 g
Sodium: 129 mg	

