

Creamy Garlic Dressing

SERVING SIZE: 2 Tablespoons

SERVINGS: 7

PREPARATION TIME: 10 minutes

INGREDIENTS:

- 1/4 cup plain yogurt (not vanilla)
- 1/2 cup mayonnaise
- 1/4 cup milk, fat free
- 1 teaspoon dried parsley
- 3/4 teaspoon garlic powder
- black pepper

DIRECTIONS:

1. In a small bowl, mix all ingredients.
2. Add black pepper to taste.

RECIPE TIPS:

- If the dressing is too thick, add water until it is thin enough to pour.
- Low fat yogurt and mayonnaise will lower calories and fat.
- Try on lettuce or other greens.
- Use as a dip for chicken or raw vegetables.
- Store in fridge for up to a week.
- Shake or stir well before use.



NUTRITION FACTS:

Amount Per Serving	
Calories	56
Total fat	4g
Saturated fat	1g
Cholesterol	5mg
Sodium	143mg
Total Carbohydrate	2g
Fiber	0g
Sugar	1g
Includes 0g of Added Sugars	
Protein	1g
Phosphorus	12mg
Potassium	36mg

EQUIPMENT NEEDED:

- Small bowl
- Spoon
- Measuring cups and spoons

Recipe submitted by Mount Mary University Dietetics Department

Additional recipes available at: www.healthyshelves.org