

BUTTERMILK RANCH DRESSING

SERVES: 16 | SERVING SIZE: 2 tablespoons | PREP: 10 minutes | READY: 40 minutes

INGREDIENTS

- 1/2 cup reduced-fat sour cream
- 1/2 cup mayonnaise
- 1 teaspoon fresh-squeezed lemon juice
- 1/4 teaspoon Worcestershire sauce
- 1 tablespoon minced fresh chives
- 1 teaspoon minced fresh Italian flat leaf parsley
- 1 teaspoon minced fresh dill
- 1 teaspoon minced onion
- 1 clove minced garlic
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- Dash of cayenne pepper
- 1 cup low-fat buttermilk



DIRECTIONS

In a medium bowl combine sour cream, mayonnaise, lemon juice, Worcestershire sauce, chives, parsley, dill, onion, garlic, salt, black pepper, and cayenne pepper and whisk until smooth. Add buttermilk and continue to whisk until combined.

Transfer dressing to a container with a lid and refrigerate at least 30 minutes before serving. Refrigerate leftover dressing and use within 5 to 7 days. Makes 2 cups dressing.

NUTRITION INFORMATION PER SERVING

62 calories, 6 g total fat, 1 g saturated fat, 0 g trans fat, 7 mg cholesterol, 117 mg sodium, 1 g total carbohydrate, 0 g dietary fiber, 1 g total sugars, 0 g added sugars, 1 g protein, 0 mcg (0%) vitamin D, 35 mg (2%) calcium, 0 mg (0%) iron, 3 mg (0%) potassium

