

Ellie Kriegers Light Ranch Dressing

Time - | Serves 6

Ingredients

1/2 cup nonfat plain yogurt, or 1/3 cup nonfat Greek style yogurt

1/3 cup lowfat buttermilk

3 tablespoons mayonnaise

1 1/2 teaspoons lemon juice

1 teaspoon Dijon mustard

1/2 teaspoon onion powder

1/4 teaspoon garlic powder

1 tablespoon finely chopped fresh chives

Salt

How to make it

If using plain yogurt, place it in a strainer lined with a paper towel and place the strainer over a bowl. Let the yogurt drain and thicken for 20 minutes.

In a medium bowl, combine the strained or Greek-style yogurt and the rest of the ingredients. Add salt, to taste.