

## RANCH DRESSING

### INGREDIENTS:

<b>½ cups</b>	Cottage Cheese	<b>2 teaspoons</b>	Onion Powder
<b>½ tablespoon</b>	Lemon Juice	<b>1/8 teaspoon</b>	Salt
<b>½ cup</b>	Low Fat Mayonnaise	<b>½ teaspoon</b>	Ground Black Pepper
<b>½ cup</b>	Fat Free Buttermilk	<b>1 tablespoon</b>	Fresh chives, sliced
<b>2 teaspoons</b>	Garlic Powder	<b>1 tablespoon</b>	Parsley, chopped

### METHOD:

- Place the cottage cheese and lemon juice in the food processor and mix until smooth.
- Combine with the remaining ingredients in a large bowl and whisk together.
- Chill.

*Chef's Note:* If you don't like the flavor of this ranch, continue to use the base of the ranch and season with the Hidden Valley Ranch packet. Use smaller amounts of that seasoning to be careful of the sodium.

**Serves:** 24

**Serving Size:** 1 tablespoon

**Calories:** 15

**Fat:** 1 gram

**Carbohydrates:** 1 grams

**Sodium:** 65 grams

**Fiber:** 0 grams

**Protein:** 1 gram



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