

Yogurt Salad Dressing

Makes 8 Servings

Serving Size = 2 Tablespoons

Ingredients:

8 ounces plain yogurt, fat free
¼ cup mayonnaise, fat free
2 Tablespoons chives, dried
2 Tablespoons dill, dried
2 Tablespoons lemon juice

Directions:

1. Mix all ingredients in bowl and refrigerate.

Cook's Comment:* Try it, you'll like it! The mayonnaise gives a nice creamy texture to the yogurt. The herbs and lemon juice add a delicious burst of flavor.

Cook's Tips*

- I think this recipe tastes best if eaten the day it's made. Try to allow it to chill **at least** a half hour in the refrigerator to let the flavors blend. This recipe is easy to modify to make a smaller quantity if you won't eat this much at one time.
- Besides using this recipe for a salad dressing, try it for a dip. If your dressing seems a little thick, thin with a tablespoon or so of water.

Nutrition analysis per serving: Calories: 23; Sodium: 84 mg; Total fat: 0 g; Calcium: 72 mg; Saturated fat: 0 g; Magnesium: 10 mg; Cholesterol 1 mg; Potassium: 104 mg; Fiber: 0 g

Source: Courtesy National Heart, Lung & Blood Institute - DASH Recipes at http://hin.nhlbi.nih.gov/nhbpep_kit/recipes.htm