



## Yogurt Salad Dressing

### 8 Servings

### Ingredients:

8 oz. plain yogurt, fat free  
¼ cup mayonnaise, fat free  
2 tbsp. chives, dried  
2 tbsp. dill, dried  
2 tbsp. lemon juice

### Directions:

1. Mix all ingredients in bowl and refrigerate at least half an hour.

This also works great as a dip. If it seems a little thick, thin with a tablespoon or so of water.

### Nutrition facts:

Calories: 23  
Sodium: 84mg  
Total fat: 0g  
Cholesterol: 1mg  
Fiber: 0g

Courtesy of the National Heart, Lung & Blood Institute - DASH Recipes at  
[http://hin.nhlbi.nih.gov/nhbpep\\_kit/recipes.htm](http://hin.nhlbi.nih.gov/nhbpep_kit/recipes.htm).