

power^{UP}

CREAMY RANCH DRESSING

INGREDIENTS

- 1/2 cup non-fat Greek yogurt
- 1/4 cup low-fat buttermilk
- 1/4 cup low-fat mayonnaise
- 1 clove garlic, minced
- 1/2 tablespoon onion powder
- 1 tablespoon fresh chives, snipped
- 1 tablespoon Italian parsley, minced
- Dash of Worcestershire sauce
- 1 teaspoon fresh lemon juice

PowerUp your meal!

Try slicing and dipping these veggies in your Creamy Ranch Dressing: -Baby carrots, red & green bell peppers slices, sliced jicama, broccoli and cauliflower (tell your kids they are trees!)

Serves: 9
Serving size:
2 tablespoons

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DIRECTIONS

Combine ingredients in a bowl and whisk well to combine. Taste for seasoning, adjust and store in sealed container in refrigerator for up to a week.

KIDS IN THE KITCHEN

When kids are involved in the preparation process, they are more likely to eat the finished product! Kids can help by snipping the chives (with kid-friendly scissors), dumping the ingredients into the bowl and stirring the dressing!



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Nutrition

Per serving size of 2 tablespoons: 25 calories, 1g total fat, 2g protein.