

RANCH DRESSING

INGREDIENTS:

4 cups	Nonfat Greek yogurt
2 T.	Lemon juice
2 cups	Low fat mayonnaise
1 ½ T.	Garlic powder
1 ½ T.	Onion powder
1 tsp.	Salt
2 tsp.	Ground black pepper
2 tsp.	Dill, dry

PREPARATION:

Combine with the remaining ingredients in a large bowl and whisk together.
Chill.

Chef's Note: This is a large recipe, and the idea is that you would have to make it less if you use lots of ranch dressing in your home. As long as you are using fresh dairy products the shelf life on this is about 2-3 weeks. So plan to use it!

Number of Servings:	6 cups
Serving Size:	2 Tbsp
Calories:	30
Fat Grams:	1