



Yogurt Salad Dressing

Serving size: 2 tablespoons

Yield: 8 servings

Ingredients:

8 ounces plain yogurt, fat-free

1/4 cup mayonnaise, low-fat

2 tablespoons chives, dried

2 tablespoons dill, dried

2 tablespoons lemon juice



Directions:

1. Mix all ingredients in bowl and refrigerate.

Nutrition Facts: Calories: 39; Total fat: 2 g; Saturated fat: less than 0 g; Cholesterol: 3 mg; Sodium: 66 mg; Fiber: 0 g; Protein: 2 g; Carbohydrate: 4 g; Potassium: 110 mg; Calcium: 76 mg, Magnesium: 10 mg

Source: *A Healthier You*, Centers for Disease Control and Prevention



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