

Five Lowfat Dressings and Dips Recipe

1 cup nonfat cottage cheese
1/3 cup nonfat buttermilk

Place ingredients in a blender or food processor and blend until smooth and creamy. If thinner consistency is desired, add more buttermilk. Combine suggested ingredients below for desired variation. Cover and refrigerate.

CREAMY BLUE CHEESE DRESSING:

1/4 cup crumpled blue cheese and black pepper to taste.

CREAMY FRENCH DRESSING:

1 teaspoon no salt added tomato juice
1 teaspoon paprika
1 teaspoon dry mustard
1 teaspoon Worcestershire sauce
1 teaspoon onion powder
1 teaspoon garlic powder, or to taste
additional tomato juice to thin, if necessary

CREAMY GREEN GODDESS DRESSING

3 anchovy filets finely chopped or pureed
1 teaspoon chopped green onion
1 tablespoon chopped fresh parsley
1 teaspoon chopped fresh tarragon, or to taste

CREAMY ITALIAN DRESSING

1/2 teaspoon oregano
1/2 teaspoon garlic powder
1/2 teaspoon onion flakes

CREAMY THOUSAND ISLAND DRESSING

1 tablespoon pickle relish
1 tablespoon chili sauce
1/2 teaspoon dry mustard

Makes 12 Servings
Serving Size: 1 ounce

Nutrients per serving (all variations except Blue Cheese and Green Goddess):

Calories: 14
Total fat: trace
Saturated fat: trace
Cholesterol: 1 mg
Sodium: 57 mg
Carbohydrate: 1 gram
Protein: 3 grams
Dietary fiber: 0 grams

Nutrients per serving (Blue Cheese):

Calories: 26
Total fat: 1 gram

Saturated fat: 1 gram
Cholesterol: 3 mg
Sodium: 101 mg
Carbohydrate: 1 gram
Protein: 3 grams
Dietary fiber: 0 grams

Nutrients per serving (Green Goddess):

Calories: 17
Total fat: trace
Saturated fat: trace
Cholesterol: 2 mg
Sodium: 94 mg
Carbohydrate: 1 gram
Protein: 3 grams
Dietary fiber: trace