

creamy ranch dressing

Prep 3 minutes

Makes about 1 cup

- ¾ cup plain low-fat yogurt**
- ¼ cup low-fat mayonnaise**
- 1 tablespoon cider vinegar**
- 2 teaspoons Dijon mustard**
- ¼ teaspoon coarsely ground black pepper**
- ¼ teaspoon dried thyme leaves**
- 1 green onion, minced**

Into small bowl, measure all ingredients. Mix with wire whisk or fork until blended. Cover and refrigerate until ready to use. Stir before using.

»» Each tablespoon: About 15 calories, 1 g protein, 2 g carbohydrate, 0 g total fat, 0 g fiber, 0 mg cholesterol, 60 mg sodium.