

## Creamy Ranch Salad Dressing

From SOAR—the Searchable Online Archive of Recipes, University of California, Berkeley (<http://soar.Berkeley.EDU/recipes/>)

Yield: about 24 tablespoons

### Ingredients:

1 cup low-fat cottage cheese  
2/3 cup low-fat plain yogurt  
2 green onions, chopped  
1 teaspoon Dijon mustard  
½ teaspoon Garlic powder  
½ teaspoon dried basil  
¼ teaspoon dried oregano

### Procedure:

In food processor or blender, process cottage cheese and yogurt until smooth. Pour into bowl and add remaining ingredients. Cover and refrigerate for at least 30 minutes so flavors meld. Can store for two or three days before serving. Stir before serving.

**One tablespoon of Creamy Ranch Salad Dressing also contains about 2 percent of the daily calcium recommendation. Consider using this dressing as a tasty dip and as a baked potato topper. You might even tempt the most finicky to enjoy some vegetables.**

about  
13 calories  
and less than  
1 gram of fat  
per tablespoon



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