Healthy Ranch Dressing

Preparation time 5 minutes

Makes 8 servings

Ingredients

- 3/4 cup plain yogurt
- 1/4 cup mayonnaise
- 1/2 teaspoon each dried dill, chives and parsley
- 3/4 teaspoon garlic powder
- 1/2 teaspoon salt

Directions

1. Whisk all ingredients until smooth.
2. Great as a salad dressing, a dip for veggies or a marinade for chicken and fish.

Nutrition

- 3 tablespoons per serving
- Calories 75
- Carbs 1.5g, Added sugar 0g, Fiber 0g
- Fat 8g, Protein 0g
- Sodium 288mg, Potassium 81mg

WATCH, TASTE, LEARN Healthy Cooking Class

Elizabeth Caruthers, RDN, CDCES Nutrition and Diabetes Program Coordinator

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Community Health & Wellness

Our Family – Taking Care of Yours

Tips

- Boost the beneficial probiotic content of this recipe by substituting 1/4 cup of the yogurt for *unflavored* kefir (pronounced ka-fear)
- Kefir is similar to yogurt, but contains more healthy probiotic strains (up to 15 different strains, compared to 2-5 probiotic strains typically found in yogurt)
- Find bottles of kefir in the yogurt section

Elizabeth Caruthers, RDN, CDCES

Registered Dietitian-Nutritionist

Certified Diabetes Education Specialist

Looking for support?

A registered dietitian-nutritionist and diabetes educator can help you build a foundation of better health. Services at Community Health and Wellness are covered by HUSKY, Medicare, private insurance, and financial assistance.

Nutrition Counseling

- Nutritional assessment and individualized guidance based on your health conditions and laboratory results.

Diabetes Education Program

- Individual appointments to help you gain the knowledge, skills and confidence to manage your diabetes well.

Watch, Taste, Learn

- Healthy cooking classes, recipe demonstrations and tastings.
- Use the QR code to see all the Watch Taste Learn recipes and the class schedule on our website!

Want to learn more?

Contact Elizabeth Caruthers, Nutrition and Diabetes Program Coordinator at 860-489-0931 x1110 or ecaruthers@chwctorr.org.