

# Herbed Ranch Dressing

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- 1 clove garlic
- $\frac{3}{4}$  cup low fat buttermilk
- $\frac{1}{4}$  cup fat free sour cream
- $\frac{1}{2}$  teaspoon dry mustard
- $\frac{1}{2}$  teaspoon dried oregano
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon dried dill
- $\frac{1}{4}$  teaspoon pepper

**Makes 8 portions, 2 tablespoons each**

Per portion

Calories:	28
Carbohydrate:	4 grams
Protein:	2 grams
Fat:	0
Saturated fat:	0
Cholesterol:	2 milligrams
Sodium:	130 milligrams
Dietary fiber:	0

1. Mince garlic. Combine all ingredients in a bowl; stir well with whisk or fork.
2. Cover and chill. Use for dressing for fresh greens, or use with roasted or grilled vegetables.