

Buttermilk Herb Dressing

Cooking Light Magazine

1/3 cup reduced-fat mayonnaise

1/4 cup fat-free buttermilk

3 tablespoons fresh chives, minced

1 tablespoon fresh dill, chopped

1/2 teaspoon salt

1/2 teaspoon grated lemon rind

1 tablespoon fresh lemon juice

1/4 teaspoon freshly ground black pepper

1/8 teaspoon ground red pepper

2 cloves garlic, minced

Combine the mayonnaise and remaining ingredients in a small bowl.

Stir well with a whisk.

Per Serving (excluding unknown items): 228 Calories; 22g Fat (82.6% calories from fat); 1g Protein; 9g Carbohydrate; 1g Dietary Fiber; 27mg Cholesterol; 1441mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 4 1/2 Fat; 1/2 Other Carbohydrates.