
Yogurt Dressing

The Essential Southern Living Cookbook

Start to Finish Time: 10 minutes

1 cup Greek yogurt
4 ounces feta cheese, finely crumbled
2 tablespoons chopped fresh dill
1/3 cup buttermilk
2 teaspoons lemon zest
2 tablespoons fresh lemon juice
1 clove` garlic, minced
salt (to taste)
black pepper (to taste)

In a bowl, stir together all of the ingredients. Mix well.

Let the dressing stand for 15 minutes.

Yield: 2 cups

Condiments, Sauces

Per Serving (excluding unknown items): 346 Calories; 25g Fat (63.7% calories from fat); 19g Protein; 13g Carbohydrate; 1g Dietary Fiber; 104mg Cholesterol; 1352mg Sodium. Exchanges: 2 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 3 1/2 Fat.