

# Homemade Ranch Dressing

By: Dartmouth-Hitchcock's Culinary Medicine Program

**Servings:** 6 – 2 oz.

**Prep Time:** 5 min

## Ingredients

- 1 cup low-fat plain Greek Yogurt

## Spice Mix:

- 1 teaspoon dried chives
- 1 teaspoon dried parsley
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon salt
- ¼ teaspoon ground pepper

## Instructions

- In small bowl mix all spices together.
- Measure 1 ½ teaspoons of mixed spices and whisk into yogurt.

## Nutrition (per serving)

Calories: 31.7, Total Fat: 0.8 g, Cholesterol: 5.8 mg, Sodium: 120.6 mg,  
Total Carbs: 2.4 g, Dietary Fiber: 0.1 g, Protein: 3.7 g