



Homemade Ranch Dressing

Makes: 16 servings (2 tablespoons per serving)

Preparation Time: 5 minutes

Ingredients

- 2 teaspoons dried, minced onion
- ½ teaspoon salt
- ⅛ teaspoon garlic powder
- 1 tablespoon dried parsley
- 1 cup plain Greek yogurt
- 1 cup buttermilk

Directions

1. Collect and measure all ingredients before starting to prepare the recipe.
2. Add the dried onion, salt, garlic powder, and dried parsley to a bowl, and stir gently to combine.
3. Add the Greek yogurt and buttermilk, and stir until spices are evenly distributed.
4. Chill before serving.
5. Keep leftovers refrigerated, and eat within 1 week.

Be creative! To make a thicker ranch dip, substitute another cup of plain Greek yogurt for the buttermilk.

Nutrition Facts	
16 servings per container	
Serving size 2 Tablespoons (30g)	
Amount Per Serving	
Calories	15
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 34mg	2%
Iron 0mg	0%
Potassium 45mg	0%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	