

HOMEMADE RANCH DRESSING

My husband loves to dip vegetables in blue cheese dressing. To make this a healthier snack for him, I decided to make homemade ranch dressing then add blue cheese crumbles instead of using store-bought. While there are less additives / preservatives in the homemade version, ranch dressing is still high in calories.

This is best the next day; it thickens and the flavors intensify. Recipe inspired via a submission to allrecipes.com.

INGREDIENTS

Set 1

½ cup good quality mayo
½ cup light sour cream (name brand is best here as it is generally thicker than store brands)
generous ½ tsp. dried chives
generous ½ tsp. dried parsley
generous ½ tsp. dried dill
½ tsp. garlic powder
¼ tsp. seasoning salt
Pinch of black pepper

Optional

2 tbsp. reduced fat buttermilk
Blue cheese crumbles

Tools: small bowl, small whisk

DIRECTIONS

1. Place all ingredients in the bowl.
2. Whisk to thoroughly combine.
3. Add buttermilk if you want buttermilk ranch dressing.
4. Add blue cheese crumbles just before serving for blue cheese dressing (with or without buttermilk).