



## Ranch Dressing

### INGREDIENTS:

2 cups	Low fat mayonnaise
2 cups	Cottage cheese
2 Tbsp	Lemon juice
2 cups	Fat free buttermilk
1 ½ Tbsp	Garlic powder
1 ½ tsp	Ground black pepper
2 Tbsp	Dried parsley flakes (or ¼ cup fresh chopped)

### PREPARATION:

- Place the cottage cheese with lemon juice in the food processor and mix until smooth.
- Combine with the remaining ingredients in a large bowl and whisk together.
- Chill.

<b>Number of servings:</b>	<b>6 cups</b>
<b>Serving Size:</b>	<b>1 Tbsp.</b>
<b>Calories:</b>	<b>15</b>
<b>Fat Grams:</b>	<b>Trace amount</b>

