



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.

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

