



## Bleu Cheese

### INGREDIENTS:

- ¾ cup Fat-free buttermilk
- 1 cup 1% Cottage cheese
- ½ cup Light mayonnaise
- 2 teaspoons Worcestershire
- 1 teaspoon Dry mustard
- ¼ teaspoon Salt
- ½ cup Bleu cheese crumbles
- ¼ teaspoon Ground pepper

### PREPARATION:

- In a food processor, combine all ingredients and pulse until semi smooth.
- Pour into air tight container. *Dressing should last about two weeks as long as you are using all fresh dairy products.*

\* **Chef's Note:** *Bleu cheese dressing is great with Romaine lettuce and sliced apples, on buffalo chicken sandwiches and any wedge salad!*

**Number of servings: 40**

**Serving size: 1 Tablespoon**

**Calories: 20**

**Fat grams: 1.5**

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*Hilton Head Health*



14 VALENCIA ROAD HILTON HEAD ISLAND, SC 29928 /// 800.292.2440 /// HHHEALTH.COM