

Buttermilk Dressing

ACTIVE 10 MINUTES TOTAL 10 MINUTES

MAKES ABOUT 2 CUPS Skip the bottled ranch; make this dressing all winter long to add a tangy kick to salads and crudités.

- 1 cup low-fat (2%) yogurt
- ½ cup buttermilk
- 6 Tbsp. low-fat sour cream
- 2 Tbsp. white wine vinegar
- ½ tsp. freshly cracked black peppercorns
- 2 Tbsp. chopped fresh chives
- ½ tsp. (or more) finely grated garlic
- Kosher salt

Whisk together the first 5 ingredients in a small bowl. Whisk in chives and ½ tsp. garlic. Season to taste with salt and more garlic, if desired. CALORIES 22 FAT 1 G CARBS 2 G