



Quick, Creamy Dressings

Speedy to make and flavor-packed, don't limit the use of these super-creamy dressings to just salads. Move beyond the bottle and try them on anything that needs a dash of something extra.

Creamy Tomato Dressing

You can use any type of tomato that's in season in this dressing. If using larger varieties, seed them to prevent a thin, watery dressing.

Makes 16 servings (about 2 cups)
Total time: 10 minutes

- 1 cup halved grape or cherry tomatoes
- 1/2 cup mayonnaise
- 1/4 cup fresh basil leaves
- 1 clove garlic
- 1 Tbsp. milk
- 1 Tbsp. fresh lemon juice
- Salt and black pepper

Purée tomatoes, mayonnaise, basil, garlic, milk, and lemon juice in a food processor or blender to desired consistency. Season the dressing with salt and pepper.

Per 2 Tbsp.: 53 cal; 6g total fat (1g sat); 3mg chol; 46mg sodium; 1g carb; 0g fiber; 0g protein

Creamy Lemon-Poppy Seed Dressing

Sweet things perfectly counter this slightly tart dressing. Pour it over fruit salads or salads containing fresh berries.

Makes 8 servings (1 cup)
Total time: 10 minutes

- 3/4 cup plain yogurt
- 3 Tbsp. honey
- Minced zest of 1 lemon
- 2 Tbsp. fresh lemon juice
- 1 Tbsp. poppy seeds
- 1/4 cup vegetable oil
- Salt to taste

Combine yogurt, honey, zest, lemon juice, and poppy seeds in a food processor or blender. With the machine running, drizzle in oil until dressing is combined. Season dressing with salt.

Per 2 Tbsp.: 106 cal; 8g total fat (1g sat); 2mg chol; 16mg sodium; 9g carb; 0g fiber; 1g protein