



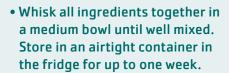
RANCH DRESSING WITH GREEK YOGURT LOW SODIUM



Dressing Ingredients

- ½ cup plain Greek yogurt
- ½ cup mayonnaise
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon salt-free seasoning
- 1 tablespoon chopped fresh dill or 1 teaspoon dried dill
- 1 tablespoon chopped fresh chives or 1 teaspoon dried chives
- 1½ teaspoons apple cider vinegar
- 1-2 tablespoons water, optional for a thinner dressing

Instructions (makes about 1 cup)





• For a thinner dressing, whisk in water, a tablespoon at a time, until the dressing is your desired consistency.

Recipe courtesy of SaltSanity.com.





TZATZIKI SNACK from the 100-Calorie Snack Cookbook by Sally Sampson

SERVES 6



Tzatziki Ingredients

(serving of 1/3 cup per person)

- 2 cups low-fat Greek yogurt
- 1 large English cucumber, thinly sliced
- 2 garlic cloves, minced
- ¼ cup finely chopped fresh mint leaves
- ¼ to ½ teaspoon salt
- 6 radishes
- 2 carrots, cut into thick julienne
- 1 beet, peeled and thinly sliced
- Whole wheat crackers

Tzatziki Preparation

- Place the yogurt, cucumber, garlic, mint and salt in a bowl and mix well
- Cover and refrigerate for at least 1 hour and up to two days
- Scoop up the dip with the raw vegetables and crackers and enjoy!

