



A Nutrition Resource

HOMEMADE RANCH DRESSING

Yield: 16 Servings | Serving Size: 2 Tablespoons

Cost/Serving: \$0.25

Ingredients:

- 2 teaspoons dried, minced onion
- 1/2 teaspoon salt
- 1/8 teaspoon garlic powder
- 1 Tablespoon dried parsley
- 1 cup plain Greek yogurt
- 1 cup buttermilk

Directions:

- 1) Collect and measure all ingredients before starting to prepare the recipe.
- 2) Add the dried onion, salt, garlic powder, and dried parsley to a bowl and stir gently to combine.
- 3) Add the Greek yogurt and buttermilk and stir until spices are evenly distributed.
- 4) Chill before serving.
- 5) Keep leftovers refrigerated and eat within 1 week.

Be Creative! To make a thicker ranch dip, substitute another cup of plain Greek yogurt for the buttermilk.

This recipe and photo are used with the permission of Colorado State University Extension's Eating Smart Being Active program.

Nutrition Facts

16 servings per container

Serving size 2 Tablespoons (30g)

Amount Per Serving

Calories 15

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 105mg 5%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 2g 4%

Vitamin D 0mcg 0%

Calcium 34mg 2%

Iron 0mg 0%

Potassium 45mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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