Healthier Homemade Ranch

A healthier spin on an American classic dipping sauce and dressing. In place of heavier base ingredients, we use Greek yogurt to up the protein and nutrition.

Serves 18

Ingredients

Ranch Spice Mix

- 6 tablespoons dried minced onions
- 8 teaspoons parsley flakes
- 4 teaspoons salt
- 2 teaspoon garlic powder

*Note - Spice mix will make about 5 recipes of either dip or dressing.

Base for Dip (Thicker)

- 2 cups Greek yogurt
- ¼ cup olive oil mayonnaise

Base for Dressing (Thinner)

- 1½ cups Greek yogurt
- ½ to ¾ cup low-fat milk or buttermilk

Directions

Ranch Spice Mix

1. Measure all spice mix ingredients into small air-tight container.
2. Cover and shake to mix.
3. Store in spice cabinet for up to 6 months.

Base for Dip (Thicker)

1. Measure 2 tablespoons of spice mix into a medium bowl.
2. Add Greek yogurt and mayonnaise.
3. Mix well and serve chilled with chopped veggies.

Base for Dressing (Thinner)

1. Measure 2 tablespoons of spice mix into a medium bowl.
2. Add Greek yogurt and ½ cup of the low-fat milk or buttermilk. Add more to reach your desired consistency.

Nutrition Facts

Serving Size 2 Tablespoons
Servings Per Each Recipe 18

Amount Per Serving	
Calories 25	Calories from Fat 10
	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 135mg	**6%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 0g	**0%**
Sugars 1g	
Protein 3g	

Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

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