

Yogurt Salad Dressing

So easy, so healthy, so good!

Recipe details

Servings: 8

Serving size: 2 tablespoons

Ingredients

- 8 ounces fat-free plain yogurt
- ¼ cup fat-free mayonnaise
- 2 tablespoon chives, dried
- 2 tablespoon dill, dried
- 2 tablespoon lemon juice

Instructions

Mix all ingredients in a bowl and refrigerate.

Each serving provides

Calories: 23

Total fat: 0 grams

Cholesterol: 1 milligram

Total fiber: 0 grams

Sodium: 84 milligrams

Protein: 2 grams

Carbohydrates: 4 grams

Potassium: 104 milligrams

Source

National Heart, Lung, and Blood Institute; National Institutes of Health; U.S. Department of Health and Human Services

