

Low Fat Buttermilk Ranch Dressing

1/2 cup low-fat buttermilk
1/3 cup low-fat mayonnaise
1/3 cup low-fat sour cream
1/2 tsp. garlic powder
1/2 tsp. onion powder
1 tsp. chopped fresh chives
1 tsp. chopped fresh dill
1 tsp. chopped fresh parsley (optional)
1/4 tsp. salt
Freshly ground pepper, to taste

Whisk together the buttermilk, mayonnaise, and sour cream in a bowl. Stir in the garlic powder, onion powder, chives, dill, parsley, salt, and pepper. Cover and refrigerate at least 30 minutes before serving.

(Adjust the consistency with more or less buttermilk, as desired)

*Freeze dried herbs may be substituted for fresh, keeping the amounts the same