



Blue Cheese Dressing

Makes $\frac{3}{4}$ cup Dressing

$\frac{1}{4}$ cup blue cheese
2 tablespoons fat free or reduced fat sour cream
 $\frac{1}{4}$ cup buttermilk
1 tablespoon white-wine vinegar
1 teaspoon dried parsley (1 tablespoon fresh parsley)
Salt and pepper to taste

Mix all ingredients together in a small bowl. Refrigerate until ready to use.

Nutrition Information (per tablespoon)

Calories: 20
Total fat: 1g
Saturated fat: 1g
Carbohydrates: 1g
Dietary Fiber: 0g
Protein: 1g

Recipe adapted from Healthy in a Hurry by Eating Well Magazine.