



Blue Cheese Dressing
Makes $\frac{3}{4}$ Cup dressing

$\frac{1}{4}$ cup Blue Cheese
2 Tablespoons fat-free or reduced fat sour cream
1 Tablespoon reduced fat mayonnaise
 $\frac{1}{4}$ cup buttermilk
1 Tablespoon white wine vinegar
1 teaspoon dried parsley or 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	Carbohydrate: 1g
Fat: 1g	Fiber: 0g
Saturated fat: 1g	Protein: 1g

Recipe adapted from Healthy in a Hurry by Eating Well.