

## RANCH DRESSING DAIRY

### INGREDIENTS

- 4 t Olive oil
- 2 t Cider vinegar
- 2 t Sugar substitute
- 1/4 t Marjoram (dried)
- 3/4 C Buttermilk
- 3 T Yogurt (plain non-fat)
- 2 T Mayonaise (Smart Beat fat-free)
- 2 T Onion (finely chopped)
- 2 T Parsley (fresh & minced)
- 1 clove Garlic(minced)



### DRESSING DIRECTIONS

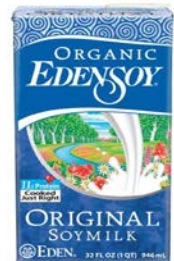
- 1 In a bowl combine oil, vinegar, sweetener & marjoram
- 2 Whisk in buttermilk, yogurt & mayonnaise
- 3 Stir in onion, parsley & garlic
- 4 Cover & refrigerate for 6 hours or overnight to thicken
- 5 Whisk before serving & then add to salad tossing thoroughly



## RANCH DRESSING PARVE

### INGREDIENTS

- 1 C Mayonaise (Smart Beat fat free)
- 1 1/2 t Lemon juice
- 7 1/2 T Soy Milk
- 1/2 t Chives (dried)
- 1/2 t Parsley (dried)
- 1/2 t Dill weed (dried)
- 1/4 t Garlic powder
- 1/4 t Onion powder
- 1/8 t Salt
- 1/8 t Black pepper (ground)



### DRESSING DIRECTIONS

- 1 Mix lemon juice & soy milk
- 2 Let sit for 10 minutes
- 3 In a large bowl whisk together mayonnaise, lemon juice & soy milk mixture, chives,
- 4 parsley, dill, garlic powder, onion powder, salt & pepper
- 5 Cover & refrigerate for at least 30 minutes before serving

