



Homemade Ranch Dressing

Simple, easy, and delicious!



Ingredients

- 2 teaspoons dried, minced onions
- 1/2 teaspoon salt
- 1/8 teaspoon garlic powder
- 1 tablespoon dried parsley
- 1 cup Greek yogurt, plain, fat-free*
- 1 cup buttermilk



Directions

1. Wash your hands with soap and water.
 2. Gather and measure all the ingredients before preparing the recipe.
 3. In a bowl, combine the dried onion, salt, garlic powder, and dried parsley and gently stir to mix.
 4. Add the Greek yogurt and buttermilk and stir until the spices are evenly distributed.
 5. Chill the mixture before serving.
 6. Store any leftovers in the refrigerator and consume within 1 week.
- Swap a cup of plain Greek yogurt for buttermilk to create a thick ranch dip.

Recipe adapted from USDA www.myplate.gov

