

Buttermilk Ranch Dressing



This easy homemade ranch dressing will be your new go-to for salads, dips, and more. Creamy, Greek yogurt adds protein and tangy flavor.

YIELD	PREP TIME	TOTAL TIME
6 SERVINGS	5 MIN	5 MIN

INGREDIENTS

½ cup	Greek Yogurt, plain, nonfat
3 Tbsp	Buttermilk, low-fat
½ tsp	Worcestershire Sauce
1 Tbsp	Parsley, fresh, finely minced
1 Tbsp	Dill, fresh, finely minced
½ tsp	Garlic Powder
½ tsp	Black Pepper
¼ tsp	Onion Powder
⅛ tsp	Kosher Salt
½ tsp	Sugar (optional, but recommended)

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Combine all ingredients in a small mixing bowl and stir well to combine.
3. Serve chilled.

CHEF'S NOTES

Use this ranch dressing as a dip for your favorite raw vegetables, oven baked chicken tenders, and even your favorite pizza. To use for a salad dressing, you may want to thin it out a little to make it more pourable.

Buttermilk adds a tangy flavor but you can mimic this with milk and a little lemon juice for acid.

Storage Instructions: This dressing will stay fresh in an airtight container or mason jar for up to 1 week in the refrigerator.

Nutrition Facts

6 servings per container

Serving size 2 Tbsp (29g)

Amount Per Serving

Calories 20

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 65mg 3%

Total Carbohydrate 2g 1%

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 2g 4%

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0.1mg 0%

Potassium 50mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK, ANCHOVIES



goldringcenter.tulane.edu



@culinarymedicine



Goldring Center for Culinary Medicine

