

Buttermilk Ranch & Buffalo Dipping Sauces



These easy homemade sauces will be your new go-to for dipping all your crunchy baked snacks like chicken tenders and broccoli bites.

YIELD 6-8 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 5 MIN
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INGREDIENTS

For the Buttermilk Ranch Dipping Sauce:

½ cup	Greek Yogurt, plain, nonfat
3 Tbsp	Buttermilk, low-fat
½ tsp	Worcestershire Sauce
1 tsp	Parsley, fresh, finely minced
1 tsp	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)

For the Buffalo Dipping Sauce:

1 Tbsp	Butter, unsalted
⅓ cup	Hot Sauce (Crystal or Frank's)
½ tsp	Lemon Juice
To Taste	Black Pepper

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Make the Buttermilk Ranch Dipping Sauce: Combine all ingredients in a small mixing bowl and stir well to combine. Serve chilled.
3. Make the Buffalo Dipping Sauce: In the microwave, heat the butter for 15 seconds, or until completely melted.
4. Mix in the hot sauce, lemon and black pepper. Stir until smooth. *Note:* if the hot sauce is too cold when added to the melted butter, the butter will solidify and you may need to microwave the sauce in 10 second increments until smooth. Serve warm.

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.

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

This buffalo sauce changes the ratio of a traditional buffalo sauce by reducing the amount of butter used. It results in a spicy sauce, but you can tone it down with the ranch dressing! And it makes the perfect drizzle or dip for crunchy broccoli bites.

Storage Instructions: The buffalo sauce will keep for up to 1 week in the refrigerator, simply microwave as described below to reheat before serving.

Buttermilk Ranch Dressing:

Nutrition Facts	
6 servings per container	
Serving Size	2 Tbsp (28 g)
Amount per serving	
Calories	15
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 2g	0%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.05mg	0%
Potassium 19mg	0%

*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.

Buffalo Dipping Sauce:

Nutrition Facts	
8 servings per container	
Serving Size	1 Tbsp (12 g)
Amount per serving	
Calories	15
	% Daily Value *
Total Fat 1.5g	0%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol less than 5 mgmg	0%
Sodium 270mg	12%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 1mg	0%
Iron 0mg	0%
Potassium 1mg	0%

*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.

