

# Creamy Pepper Parmesan Dressing



*This creamy dressing has a secret protein and fiber rich ingredient – beans! Swapping beans for mayonnaise or sour cream allows you to cut down on calories and saturated fat.*

<b>YIELD</b> <b>8 SERVINGS</b>	<b>PREP TIME</b> <b>5 MIN</b>	<b>TOTAL TIME</b> <b>5 MIN</b>
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## INGREDIENTS

½ cup	Navy Beans, drained & rinsed (about ½ (15 oz.) can)
½ cup	Greek Yogurt, plain, nonfat
2 Tbsp	Extra Virgin Olive Oil
1 each	Lemon, juiced
2 tsp	Garlic Powder
1 tsp	Onion Powder
½ tsp	Black Pepper, freshly ground
½ tsp	Kosher Salt
1 oz	Parmesan Cheese, grated (about ½ cup)

## CHEF'S NOTES

There's no limit to how you can use this versatile dressing. Try it on salads, sandwiches, as a topping for oven baked chicken, or as a dip for raw or roasted vegetables.

Store the dressing in a container with a tight-fitting lid for up to one week.

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Place all the ingredients in a large blender pitcher. Starting on low, and increasing to medium-high, blend until smooth and creamy. If needed, add water, one tablespoon at a time to reach a pourable consistency. Scrape down sides of the blender to fully incorporate all ingredients.
3. Transfer to a smaller container with a lid and refrigerate until ready to use.

# Nutrition Facts

12 servings per container

**Serving size** 2 Tbsp (30g)

**Amount Per Serving**

**Calories** 45

**% Daily Value\***

**Total Fat** 3g 4%

Saturated Fat 0.5g 3%

*Trans* Fat 0g

**Cholesterol** <5mg 1%

**Sodium** 125mg 5%

**Total Carbohydrate** 3g 1%

Dietary Fiber <1g 2%

Total Sugars <1g

Includes 0g Added Sugars 0%

**Protein** 2g 4%

Vitamin D 0mcg 0%

Calcium 40mg 2%

Iron 0.2mg 2%

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.

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