

Creamy Italian Herb Dressing

Makes: 3 servings

Serve this creamy dressing over salads or use as a dip for your favorite veggies.

Ingredients

1/4 cup yogurt (plain)

1/4 cup mayonnaise (non-fat)

1/4 cup milk (skim)

1/2 teaspoon Italian seasoning (dried)

1/2 clove garlic (fresh, minced)

Directions

1. In a small bowl, combine all the above ingredients. Refrigerate in a covered container for at least an hour. Serve chilled

Notes

Learn more about [garlic](#).

Source: Cornell University Cooperative Extension, Eat Smart New York!

Nutrition Information

Nutrients	Amount
Calories	40
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	5 mg
Sodium	190 mg
Total Carbohydrate	6 g
Dietary Fiber	0 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	2 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available