

# SALAD DRESSINGS

SERVES 8

## Directions

1. Whisk together all ingredients for dressing of choice. For a creamier dressing, using a food processor or blender and pulse to combine. Serve on top of fresh greens or salad of choice.

## Ingredients

### Caesar

- 6 anchovies, packed in oil, drained and minced
- 2 garlic cloves, minced
- 4 tablespoons mayonnaise
- 2 tablespoons white wine vinegar
- juice of 1 lemon
- 2 teaspoons Dijon mustard
- 3 tablespoons freshly grated Parmesan cheese
- ¼ cup olive oil
- black pepper

*Nutrition Facts: 80 calories, 7g fat, 2g saturated fat, 210mg sodium, 2g carbohydrates, 0g fiber, 2g protein*

### Green Goddess

- ½ cup plain low-fat yogurt
- ⅓ cup low-fat buttermilk
- ¼ cup fresh parsley, minced
- 3 tablespoons fresh chives, minced
- 1 tablespoons fresh tarragon, minced
- 2 anchovies, packed in oil, drained and minced
- 1 small garlic clove, minced
- 2 tablespoons fresh lemon juice

*Nutrition Facts: 30 calories, 1g fat, 0g saturated fat, 207mg sodium, 2g carbohydrates, 0g fiber, 3g protein*

### Ranch

- ½ cup plain low-fat yogurt
- ⅓ cup low-fat buttermilk
- 2 tablespoons mayonnaise
- 1 tablespoon fresh lemon juice
- 2 tablespoons fresh parsley, minced
- 2 tablespoons fresh dill, minced
- 2 tablespoons fresh chives, minced
- 1 teaspoon Dijon mustard
- ½ teaspoon onion powder
- ¼ teaspoon garlic powder

*Nutrition Facts: 40 calories, 3g fat, 0g saturated fat, 60mg sodium, 2g carbohydrates, 0g fiber, 1g protein*

### Thousand Island

- ½ cup plain low-fat yogurt
- 2 tablespoons mayonnaise
- 2 tablespoons fresh lemon juice
- 2 tablespoons low-sodium ketchup
- 2 teaspoons Worcestershire sauce
- ½ jalapeño pepper, minced (optional)
- ½ teaspoon paprika
- 3 tablespoons sweet pickle relish
- 3 tablespoons red bell pepper, minced

*Nutrition Facts: 45 calories, 3g fat, 0g saturated fat, 95mg sodium, 4g carbohydrates, 0g fiber, 1g protein*

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