



RECIPES

Greek Yogurt Ranch Dressing

INGREDIENTS:

- 1 tablespoon dried parsley
- 1 teaspoons garlic powder
- 1 teaspoons onion powder
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon salt
- 1 tablespoon fresh chives
- 1 cup non-fat plain Greek yogurt
- 1/3 cup buttermilk
- 1 teaspoon Dijon mustard
- 1 teaspoon lemon juice

INSTRUCTIONS:

1. Place the spices (dried parsley - fresh chives) into a food processor and pulse a few times, until the spices have been ground up a bit.
2. Scrape down the sides.
3. Place the remaining ingredients (Greek yogurt, buttermilk, Dijon, and lemon juice) into the food processor and pulse until the ingredients have been fully incorporated.
4. Scrape down the sides, if needed, and pulse again.
5. Transfer into a sealable container (like a mason jar) and place in the fridge until you're ready to use it!

Makes about 1 cup

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Adapted from: <https://showmetheyummy.com/homemade-greek-yogurt-ranch-dressing/>