

Creamy Garlic Dressing

Ingredients

½ cup plain, non-fat yogurt
2 tbs Low fat milk
1 ½ tbs lemon juice
1 tsp Virgin olive oil
½ tsp oregano, dried
¾ tsp garlic minced
1 dash salt to taste
1 dash Pepper to taste



Directions

- 1 Combine yogurt, milk and lemon juice in a small bowl.
- 2 Mix to combine well.
- 3 Add garlic and oregano and stir to blend.
- 4 Add salt and pepper to taste, blending one last time.
- 5 Refrigerate or serve immediately.

Cooking Times

Preparation Time: 10 minutes

Nutrition Facts

Nutrition (per serving): 71 calories, 3.6g total fat, 1.1g saturated fat, 5mg cholesterol, 196mg sodium, 6.5g carbohydrates, <1g fiber, 1.1g sugar, 3.9g protein.

Servings: 2

Yield: 2 servings (1/4 cup each)

Weight Watchers Points

Note: The plain non-fat yogurt was not used when calculating the Freestyle SmartPoints.

Orig. WW Pts: 2

Points Plus: 2

Smart Points: 2

FreeStyle Smart Points: 1

Tips

If you want just a hint of sweetness to this dressing, add a teaspoon of honey to the recipe.