

Low Fat Creamy Dressing

Makes: 8 servings

Ingredients

1/2 cup mayonaise, reduced fat
1/2 cup yogurt, non-fat plain
1/4 teaspoon dill weed
1/2 teaspoon celery salt
2 tablespoons cucumber (chopped, optional)

Directions

1. Combine all ingredients in small container.
2. Store covered in refrigerator and use within 1 week.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	50	
Total Fat	5 g	8%
Protein	1 g	
Carbohydrates	2 g	1%
Dietary Fiber	0 g	0%
Saturated Fat	1 g	5%
Sodium	170 mg	7%