



Creamy Parmesan Dressing

Store and save the dressing for quick salads all week!

U.S.

1/2 cup	White Navy Beans, low sodium, drained, rinsed
1/4 cup	Yogurt, plain
1 Tbsp	Olive Oil
1 Tbsp	Lemon Juice
1 Tbsp	White Wine Vinegar
1 clove	Garlic, minced
1/8 tsp	Onion Powder
2 Tbsp	Parmesan Cheese, grated

Metric

131.0 g
56.75 g
15.0 mL
15.0 mL
15.0 mL
1 clove
0.3 g
10.0 g

Preparation:

1. Gather all ingredients and equipment.
2. Drain and rinse the beans.
3. Place all ingredients in a blender and blend until smooth, about 30 seconds - 1 minute.
4. Chill and serve over salad.

Nutrition Facts

8 Servings

Serving size **2 Tablespoons**

Amount per serving

Calories **40**

Calories from Fat 20

Total Fat 2 g

 Saturated Fat 0 g

 Trans Fat 0 g

 Monounsaturated Fat 0 g

Cholesterol 0 mg

Sodium 50 mg

Total Carbohydrate 3 g

 Dietary Fiber 1 g

 Total Sugars 1 g

 Includes 0g Added Sugars

Protein 2 g

Vitamin D 0 %

Calcium 4 %

Iron 2 %

Potassium 80 mg

Phosphorus 35 mg
