



Salad with Ranch Dressing

This dressing can be used on salads or served as a dip with vegetables.

U.S.

For the Dressing:

3/4 cup	Yogurt, Greek, Low-fat	170 g
1/4 cup	Sour Cream, Low-fat	60 g
1/3 cup	Buttermilk	80 mL
1 tsp	Apple Cider Vinegar	5 mL
3/4 tsp	Sugar	3 g
1 1/2 tsp	Garlic Powder	4 g
1 Tbsp	Parsley, dried	3 g
1 1/2 Tbsp	Chives, dried	4.5 g
1 tsp	Onion Powder	3 g
1/4 tsp	Salt, Kosher	1.5 g

For the Salad:

6 cups	Mixed Greens	120 g
1 each	Carrot, grated	1 each
1 each	Cucumber, sliced	1 each

Preparation:

1. Gather all ingredients and equipment.
2. In a medium-sized mixing bowl, combine all ingredients for the dressing and mix well.
3. Refrigerate dressing until use.
4. Combine mixed greens, carrot, and cucumber in a large mixing bowl.
5. Dress 1/2 cup of salad with 2 Tbsp of dressing.

Nutrition Facts

6 Servings

Serving size **1 cup salad, 2 Tbsp dressing**

Amount per serving

Calories **50**

Calories from Fat 10

Total Fat 1 g

 Saturated Fat 0.5 g

 Trans Fat 0 g

 Monounsaturated Fat 0 g

Cholesterol 5 mg

Sodium 65 mg

Total Carbohydrate 8 g

 Dietary Fiber 2 g

 Total Sugars 4 g

 Includes <0.5g Added Sugars

Protein 4 g

Vitamin D 0 %

Calcium 2 %

Iron 2 %

Potassium 157 mg

Phosphorus 29 mg
