

Ranch Dressing

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Buttermilk		1 1/2 cups 2 Tbsp		3 1/4 cups	1. Combine buttermilk and lemon juice in a mixing bowl. Allow mixture to rest for 10 minutes.
Lemon juice		2 tsp		1 Tbsp 1 tsp	
Plain lowfat yogurt	5 oz	1/2 cup 2 Tbsp	10 oz	1 1/4 cups	2. Using a paddle attachment, blend in the yogurt and sour cream. Let mixture rest for 5 more minutes.
Sour cream		1/4 cup	4 oz	1/2 cup	
Lowfat mayonnaise	6 1/2 oz	3/4 cup 1 Tbsp	13 oz	1 2/3 cups	3. Add rest of ingredients to mixture in mixing bowl. Mix on low speed for 2 to 3 minutes until blended.
Onion powder		1 Tbsp		2 Tbsp	
Garlic powder		1 Tbsp		2 Tbsp	
White pepper		1/4 tsp		1/2 tsp	
Dried chives		1/2 tsp		1 tsp	
Dried parsley		1 1/2 tsp		1 Tbsp	
Salt		1 tsp		2 tsp	
					4. Chill at least 12 hours before serving to allow to thicken.

SERVING:	YIELD:	VOLUME:
2 tablespoons (1-oz ladle)	25 Servings: 1 lb 10 oz	25 Servings: 3 cups
	50 Servings: 3 lb 5 oz	50 Servings: 1 qt 2 1/4 cups

Special Tip:
For an excellent vegetable dip, add an additional 8 oz of lowfat mayonnaise per 50 servings.

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Nutrients Per Serving			
Calories	34	Saturated Fat	.7 g
Protein	1 g	Cholesterol	4 mg
Carbohydrate	3 g	Vitamin A	8 RE/39 IU
Total Fat	2.1 g	Vitamin C	1 mg
		Iron	.1 mg
		Calcium	33 mg
		Sodium	152 mg
		Dietary Fiber	0 g