Low-Fat Ranch Dressing for Salad
Makes 16 servings

Ingredients:
1 cup non-fat or low-fat plain Greek yogurt*
½ cup reduced-fat mayonnaise
½ cup fat-free or 1% milk
Half a 1-ounce packet Ranch Salad Dressing Mix (not Dip mix)

Directions:
1. Wisk yogurt, mayonnaise, milk and Ranch Salad Dressing Mix in a small bowl until blended. Refrigerate until serving.
2. Pour dressing over salad or let children add their own.
3. For salad, toss dark salad greens (romaine, leaf lettuce, and/or spinach - not iceberg) with raw veggies such as carrots, chickpeas, tomatoes, or cucumber.

*Can use regular yogurt, reduced-fat sour cream, or a mixture instead

Source: Choose Health: Food, Fun, and Fitness Curriculum (CHFFF)