



EATING SMART
BEING ACTIVE

Homemade Ranch Dressing

Makes: 16 servings (2 tablespoons per serving)

Preparation Time: 5 minutes

Ingredients

2 teaspoons dried, minced onion

½ teaspoon salt

⅛ teaspoon garlic powder

1 tablespoon dried parsley

1 cup plain Greek yogurt

1 cup buttermilk

Directions

1. Collect and measure all ingredients before starting to prepare the recipe.
2. Add the dried onion, salt, garlic powder, and dried parsley to a bowl, and stir gently to combine.
3. Add the Greek yogurt and buttermilk, and stir until spices are evenly distributed.
4. Chill before serving.
5. Keep leftovers refrigerated, and eat within 1 week.

Be creative! To make a thicker ranch dip, substitute another cup of plain Greek yogurt for the buttermilk.

Nutrition Facts	
16 servings per container	
Serving size 2 Tablespoons (30g)	
Amount Per Serving	
Calories	20
<small>% Daily Value*</small>	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 95mg	4%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 0mg	0%
Potassium 49mg	2%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



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Make a Change