



# Creamy Italian Herb Dressing

## Nutrition Facts

6 servings per container  
**Serving** 2 Tablespoons (30g)  
**size**

Amount per serving	
<b>Calories</b>	<b>25</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 140mg	6%
<b>Total Carbohydrate</b> 3g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 29mg	2%
Iron 0mg	0%
Potassium 42mg	0%

\*The % Daily Value 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.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



\$0.56 per recipe

## Ingredients:



1/4 cup skim milk



1/4 cup plain yogurt



1/4 cup light mayonnaise



1/2 teaspoon dried Italian seasoning



1/2 clove garlic, minced  
OR  
1 teaspoon dried garlic



Dash of salt

## Meal Idea

### Creamy Italian Herb Dressing with carrot sticks



### Turkey & cheese sandwich on whole wheat bread



Water



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## Tools Needed:



small bowl



liquid  
measuring  
cup



measuring  
spoons



dry  
measuring  
cups



cutting  
board



chef's knife



whisk



aluminum  
foil

## Directions:

**1**

Wash hands with warm water and soap, scrubbing for at least 20 seconds.



**2**

Combine  $\frac{1}{4}$  cup milk,  $\frac{1}{4}$  cup yogurt, and  $\frac{1}{4}$  cup light mayonnaise in a small bowl.



# 3

Mince  $\frac{1}{2}$  clove garlic.



# 4

Add  $\frac{1}{2}$  teaspoon dried Italian seasoning, minced garlic, and dash of salt to the bowl.



# 5

Whisk ingredients together.



# 6

Cover, and refrigerate for at least 1 hour.



# 7

Serve chilled over a tossed salad or with vegetables for dipping.



*\*recipe makes 6 servings*

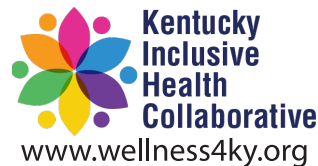
# 8

Cover, and store leftovers within 2 hours. Use within 3-4 days.



**Source:** Adapted from United States Department of Agriculture, What's Cooking USDA Mixing Bowl, March 2015.  
[www.usda.gov/whatscooking](http://www.usda.gov/whatscooking)

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