

Sauces

Buttermilk Dressing II

Pam Brandon - Special to the Palm Beach Post
Palm Beach Post

This dressing may be refrigerated for up to one week.

1/2 cup low-fat buttermilk
3 tablespoons creme fraiche
1/2 teaspoon coarse salt
1/4 teaspoon ground black pepper
1/4 teaspoon granulated garlic
1 heaping teaspoon fresh dill, chopped

Combine all of the ingredients in a screw-top jar and shake.

Refrigerate for at least 1 hour before serving.

Yield: 2/3 cup

Per Serving (excluding unknown items): 131 Calories; 13g Fat (86.2% calories from fat); 2g Protein; 3g Carbohydrate; trace Dietary Fiber; 40mg Cholesterol; 966mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.