

Sauces

Buttermilk Dressing

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1/3 cup buttermilk

1/4 cup mayonnaise or salad dressing

1 clove garlic, minced

1/4 teaspoon dry mustard

1/4 teaspoon cracked black pepper

In a small bowl, combine the buttermilk, mayonnaise, garlic, mustard and black pepper.

Mix well.

Per Serving (excluding unknown items): 40 Calories; 1g Fat (18.6% calories from fat); 3g Protein; 5g Carbohydrate; trace Dietary Fiber; 3mg Cholesterol; 86mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Non-Fat Milk; 0 Fat.