

## **Buttermilk Salad Dressing**

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*This dressing can be used on vegetables or mixed salad greens.*

**3/4 cup buttermilk**

**2 cups 2% cottage cheese**

**1 envelope ranch salad dressing**

In a blender, combine the buttermilk, cottage cheese and salad dressing.

Cover and process until smooth.

Refrigerate until serving.

Yield: 2 3/4 cups

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Per Serving (excluding unknown items): 1309 Calories; 130g Fat (86.7% calories from fat); 18g Protein; 27g Carbohydrate; 0g Dietary Fiber; 48mg Cholesterol; 2873mg Sodium. Exchanges: 1/2 Non-Fat Milk; 25 1/2 Fat; 1 Other Carbohydrates.