
Lo Cal Ranch Dressing

John Wright - Hudson's Oakland

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

1 cup non-fat or skim milk

1 cup low-calorie whipped salad dressing

1 package reduced-calorie ranch dressing

In a small bowl, combine the milk, and salad dressing. Add the ranch dressing. Blend well with a whisk. Cover.

Refrigerate for at least 30 minutes.

(Dill seed or Dijon mustard may be added. The dressing can also be served as a dip.)

Condiments, Sauces

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .