

## **Garlic-Buttermilk Dressing**

1/4 cup lowfat buttermilk  
2 tbsp. olive oil  
1 clove garlic, minced  
1/2 tsp. black pepper, freshly ground  
1/4 tsp. salt

Whisk together all ingredients. Shake well before serving.

For Herbed Garlic-Buttermilk Dressing:

Add 1 tbsp. chopped fresh tarragon, dill, thyme, rosemary, oregano, basil, or parsley or 1 tsp. dried. Makes 6 servings.

Nutrition information per serving: calories 45; protein 0 grams; fat 5 grams; sodium 107 mg