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## Creamy Low-Fat Yogurt Dressing

### Ingredients:

- 1/2 cup nonfat yogurt
- 1 Tablespoon light mayonnaise
- 1 teaspoon mustard
- 1 teaspoon lemon juice
- 1/2 teaspoon sugar
- dash of pepper

*Makes 4 servings - 36% calories from fat  
(Exempt from recipe policy / condiment)*

### Instructions:

1. Combine all ingredients in a small bowl, mixing until well blended.
2. Cover and refrigerate.

Nutrition Facts		
Serving Size 2 Tablespoons		
Servings Per Container 4		
Amount Per Serving		
<b>Calories 25</b>	<b>Calories from Fat 10</b>	
<b>% Daily Value*</b>		
<b>Total Fat 1g</b>		<b>2%</b>
Saturated Fat 0g		<b>0%</b>
Trans Fat 0g		
<b>Cholesterol 0mg</b>		<b>0%</b>
<b>Sodium 60mg</b>		<b>3%</b>
<b>Total Carbohydrate 3g</b>		<b>1%</b>
Dietary Fiber 0g		<b>0%</b>
Sugars 2g		
<b>Protein 1g</b>		
Vitamin A 2%	•	Vitamin C 4%
Calcium 4%	•	Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories 2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Source: Adapted from: Sisters in Health: A Nutrition Program for Women. Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 1999.

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