

Creamy Italian Dressing

Serves 12

1/2 c low fat plain yogurt
1/2 c low fat mayonnaise
1/2 c skim milk
1 tsp Italian seasoning blend
1/2 tsp garlic powder
1/8 tsp ground black pepper
Salt

In a small bowl, whisk together the yogurt or sour cream, mayonnaise, milk, Italian seasoning, garlic powder and pepper. Season with salt to taste. Store, covered, in the refrigerator, for up to 1 week.

NUTRITION (per serving) 25 cal, 1 g pro, 4 g carb, 0 g fiber, 3 g sugar, 1 g fat, 0 g sat fat, 144 mg sodium

No-Mayo Tuna Salad

Serves 4

3 cans (6 ounces each) drained and flaked water-packed tuna
1 onion, minced
1/2 celery stalk, minced
1/2 tsp lemon juice
1 1/2 Tbsp chopped fresh parsley
2/3 c low-fat plain yogurt

In a medium bowl, combine the tuna, onion, celery, lemon juice, parsley, and yogurt. Cover and refrigerate for 1 hour to allow the flavors to blend.

NUTRITION (per serving) 424 cal, 61 g pro, 4 g carb, 0 g fiber, 2 g sugar, 17 g fat, 2 g sat fat, 908 mg sodium