

Creamy Herb Dressing

INGREDIENTS

- 1 cup plain nonfat yogurt
- 2 tablespoons freshly squeezed
lemon or lime juice
- 1 tablespoon minced fresh herbs
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

In a small bowl, a food processor, or a blender, whisk or blend the yogurt until smooth. Add the remaining ingredients, including the salt and pepper to taste, and mix well.

Let stand for 15 minutes, or cover and refrigerate for up to a week; return to room temperature before serving.

Makes 1 cup

