



Yogurt Salad Dressing

*(Makes 8 servings. Serving size: 2 tablespoons.)
The mayonnaise gives a nice creamy texture to the yogurt. The herbs and lemon juice add a delicious burst of flavor.*

8 ounces plain yogurt, fat-free
1/4 cup mayonnaise, fat-free
2 tablespoons chives, dried
2 tablespoons dill, dried
2 tablespoons lemon juice

DIRECTIONS: Mix all ingredients in bowl and refrigerate, covered.

Use this dressing with broccoli and/or spinach (good sources of calcium) salads and boost the calcium content even more. These dark green vegetables contain vitamin K which also helps strengthen bones!

Nutrition analysis per serving: Calories: 23; Sodium: 84 mg; Total fat: 0 g; Calcium: 72 mg; Saturated fat: 0 g; Magnesium: 10 mg; Cholesterol: 1 mg; Potassium: 104 mg; Fiber: 0 g

Source: Courtesy of National Heart, Lung & Blood Institute - DASH recipes at http://hin.nhlbi.nih.gov/nhbpep_kit/recipes.htm