



SIMPLY DELICIOUS SALAD & YOGURT DRESSING

Recipe Created By:
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YOGURT INGREDIENTS

- 1/2 cup plain yogurt
- 1/4 cup buttermilk
- 1 Tablespoon frozen orange juice concentrate, thawed
- 1 Tablespoon finely chopped red or green onion
- 1 Tablespoon snipped fresh parsley
- 1 tablespoon honey
- 1/8 teaspoon salt
- Pinch ground cinnamon

SALAD INGREDIENTS

Makes 4 servings.

- Chopped Tomatoes
- Romaine lettuce or Italian salad mix
- Low fat cheddar cheese
- Baked goldfish crackers
- Chopping boards, 4 Glass jam jars or bowls with whisks, 4 large plates for serving.

DIRECTIONS

1. In a medium bowl or screw-top jar combine yogurt, buttermilk, orange juice concentrate, onion, parsley, honey, salt, and cinnamon.
2. Using a whisk, stir until mixture is combined. (Or, cover jar and shake well.)
3. Cover and refrigerate dressing until serving time. Makes about 3/4 cup (6, 2-tablespoon servings).



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