

## **BUTTERMILK-CHEESE DRESSING**

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Submitted by Phebe Meyer

For those who like blue cheese salad dressing, but not all that fat.

$\frac{3}{4}$  cup buttermilk

2 Tbsp reduced-calorie mayonnaise

1 Tbsp well-chilled blue or feta cheese, crumbled\*

In a jar that has a tight-fitting cover, combine all ingredients; cover and shake well.

\*The cheese will crumble more easily if it is well chilled.

Makes 4 servings, about  $\frac{1}{4}$  cup each.

*Each serving provides:*  $\frac{1}{2}$  fat exchange,  $\frac{1}{4}$  milk exchange; 20 optional calories.

*Per serving with the blue cheese:* 46 calories; 2 g protein; 3 g fat; 3 g carbohydrate; 64 mg calcium; 154 mg sodium; 6 mg cholesterol.

If feta cheese is used, reduce calories to 44 and sodium to 128 mg.

Variation: Instead of 1 Tbsp of blue or feta cheese, use 1  $\frac{1}{2}$  tsp of each.