

BLUE CHEESE DRESSING

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1/2 cup fat-free mayonnaise
2 tablespoons 1% milk
1 tablespoon lemon juice
1/2 teaspoon sugar
1/4 teaspoon garlic powder
1/4 teaspoon ground mustard
1/2 cup (2 ounces) crumbled blue cheese
Salad greens

In a small bowl, combine the first six ingredients; blend until smooth. Add blue cheese; mix well. Serve over greens. Cover and refrigerate any extra dressing.

Yield: 14 tablespoons.

Nutritional Analysis: One serving (2 tablespoons dressing) equals 46 calories, 3 g fat (2 g saturated fat), 8 mg cholesterol, 253 mg sodium, 3 g carbohydrate, trace fiber, 2 g protein. Diabetic Exchange: 1 fat.

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