

Thousand Island Dressing

Makes: 8 servings

Ingredients

1/2 cup yogurt, non-fat plain

1/2 cup mayonnaise, reduced-fat

1/4 cup chili sauce

3 packages sweet pickle relish (2/3 tablespoon packets)

1 tablespoon onion (finely chopped)

1/16 cup celery (finely chopped)

1 teaspoon lemon (or lime) juice

1/8 teaspoon black pepper

Directions

1. Wash hands well with soap and warm water.
2. Mix ingredients together.
3. Chill and serve over vegetables or on a salad.

Source: Rutgers Cooperative Extension, Food Wise Learn at Home Print Materials

Nutrition Information

Nutrients	Amount
Calories	70
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	5 mg
Sodium	380 mg
Total Carbohydrate	7 g
Dietary Fiber	0 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	1 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	