

Instant Nonfat Yogurt Salad Dressing



TIPS:

1. This very quick & easy fresh salad dressing requires only 5 ingredients, a teaspoon, tablespoon and a 16-ounce jar with a snug fitting lid.
2. **No Fat, Low Calorie:** This salad dressing contains far fewer calories and no fat as compared to an oil-based salad dressing because it is made with nonfat yogurt instead of oil. See the nonfat plain Greek yogurt to oil nutrition fact label comparison below and note that a serving of nonfat plain Greek yogurt is 1 cup (8 ounces) while a serving of oil is 1 tablespoon (1/2 ounce). That means that 1 cup (8

ounces) of oil contains 1920 calories and 224 grams of fat as compared to the cup (8 ounces) of nonfat yogurt shown below containing 130 calories and 0 grams of fat. Though any nonfat plain yogurt will work to make this dressing, I like using nonfat plain Greek yogurt for this dressing for its high protein content, thick texture, and rich flavor.

Nutrition Facts		
Serving Size 1 Cup (227g)		
Servings Per Container about 5		
Amount/serving		
Calories 130	Fat Cal. 0	
%DV*		
Total Fat 0g		0%
Sat. Fat 0g		0%
Trans Fat 0g		
Cholest. 10mg		3%
Sodium 105mg		4%
Total Carb. 11g		4%
Dietary Fiber 0g		0%
Sugars 6g		
Protein 22g		44%
Vitamin A 0% • Vitamin C 0%		
Calcium 25% • Iron 0%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		

**Nonfat Plain
Greek Yogurt**

EXTRA VIRGIN OLIVE OIL	
NUTRITION FACTS	
serving size 1 tbsp. (15ml)	
servings per container about 66	
amount per serving	
Calories 120	Calories from Fat 120
	% Daily Value*
Total Fat 14 g	21 %
Saturated Fat 2 g	9 %
Trans Fat 0 g	
Polyunsaturated Fat 2 g	
Monounsaturated Fat 10 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Total Carbohydrate 0 g	0 %
Protein 0 g	
Not a significant source of dietary fiber, sugars, vitamin A, vitamin C, calcium and iron.	
* Percent Daily Values are based on a 2,000 calorie diet.	

Oil

3. **Low Salt and Sugar:** The small amount of salt and sugar in this recipe come from mustard (there is also a small amount naturally occurring sugar in balsamic vinegar), which therefore makes the dressing low in both sodium and sugar, though please check the ingredients you use to make sure they comply safely if you are on a sodium and/or sugar restricted diet.

4. **About Vinegar:** I'm using balsamic vinegar in this recipe for its rich sweet and sour flavor. Here's a quick comparison of commonly found vinegars. Red wine or white wine vinegar is most sour. Apple cider vinegar and rice vinegar are medium sour. Balsamic vinegar is mildly sour, slightly sweet, and robustly flavorful.

Preparation Time: 5 minutes or less

Needed

(to make 2 cups or 16 ounces of dressing)

1 1/2 Teaspoons Garlic Powder

1/2 - 1 Teaspoon Ground Black Pepper

1 Tablespoon Mustard (I'm using Dijon mustard but any mustard will work)

8 Ounces Vinegar (see **About Vinegar** in Tip 4 above)

8 Ounces Nonfat Plain Yogurt

Teaspoon

Tablespoon

16-Ounce Jar with a Snug Fitting Lid



1. Add the following to a 16-ounce jar:

1 1/2 teaspoons garlic powder



1/2 - 1 teaspoon ground black pepper



1 tablespoon mustard



8 ounces (half the jar) vinegar



8 ounces nonfat yogurt - just make sure to leave a little air space at the top of the jar so that the **dressing** can be shaken.



2. Screw the lid on the jar snugly.



Hold the jar firmly and securely with both hands and shake the **dressing** vigorously for 10-15 seconds, preferably over the sink in case the jar

leaks, until the **ingredients** are completely mixed together...



...like this.



3. Store any **remaining dressing** in the refrigerator for at least 1-2 weeks. Just give the **dressing** a quick shake when you're ready to use it again.



© 2015 Bruce Tretter
Gotta' Eat, Can't Cook
"Show Me How" Video & Picture Book Cooking