

Fresh 5-Ingredient 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, 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 apple cider vinegar in this recipe for its balanced 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.

5. **About Fresh Garlic:** Freshly chopped garlic makes all the difference in this quick & easy salad dressing that goes great on just about any salad you can imagine. **When buying fresh garlic**, choose those bulbs that are heavier and firmer to the touch when squeezed gently between your thumb and first two fingers as shown below. Also, avoid garlic bulbs that have started to sprout green shoots or show signs of dark colored mold on or under the bulb's papery white skin. Finally, select garlic bulbs with bigger garlic cloves as bigger cloves are a lot easier to peel and chop than smaller cloves.



Preparation Time: 5-7 minutes

Ingredients

(to make 2 cups or 16 ounces of dressing)

3-4 Garlic Cloves

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



Equipment

Large Sharp (Chef's) Knife

Cutting Board

Tablespoon

16-Ounce Jar with a Snug Fitting Lid



1. Remove **3-4 garlic cloves** from a **garlic bulb**.



Put the **garlic cloves** on the cutting board and cover them, one **garlic clove** a time, with the flat side of a wide bladed (chef's) knife. Press on the top flat side of the knife with the heel of your hand until you hear and feel the **garlic skins** pop open as shown in the third photo below.



Peel the **garlic skin**. Then hold the **garlic cloves** to the cutting board with curled fingers with the side of a wide bladed knife rubbed against your knuckles while cutting the **garlic** into thin slices.



Finish by chopping the **garlic slices** in cross section into **smaller pieces** about as shown here.



Put the **chopped garlic** into a 16-ounce jar.



2. Add **1/2 - 1 teaspoon of ground black pepper** (or about as much as shown in the palm of my hand) and **1 tablespoon of mustard**.



3. Fill *half the jar* with **vinegar**.



4. Fill the rest of jar with nonfat yogurt making sure to leave a little air space at the top of the jar so that the **dressing** can be shaken.



5. 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.



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



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