

Lemon Poppy Seed Dressing

Journal as: 1 teaspoon oil OR 2 teaspoons light margarine/butter

This is a light summer dressing for any vegetable salad, or you can use it as a dip for raw summer vegetables.

1/4 cup light mayonnaise

1/4 cup fat-free sour cream

1/4 cup fat-free half-and-half or low-fat milk

2 tablespoons white sugar

2 tablespoons Splenda (or increase the sugar to 4 tablespoons and leave out the Splenda)

2 tablespoons distilled white vinegar

1 tablespoon poppy seeds

1 teaspoon finely chopped lemon peel

- Add light mayonnaise, fat-free sour cream, fat-free half-and-half, sugar and Splenda, vinegar, poppy seeds, and lemon peel to a small bowl and whisk together until smooth.
- Cover and keep in refrigerator until ready to serve.

Yield: One cup (8 servings)

Per 2-tablespoon serving: 55 calories, 1.5 g protein, 6.3 g carbohydrate, 3 g fat, 0.5 g saturated fat, 0.3 mg cholesterol, 0.1 g fiber, 70 mg sodium. Calories from fat: 47%.