



Elliott Evans Nutrition, LLC
Prevent and Protect
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CREAMY RANCH-STYLE DIP

Cooking Light – April 2012

- 4 ounces 1/3-less-fat cream cheese, softened**
- 3 tablespoons nonfat buttermilk**
- 2 tablespoons chopped fresh flat-leaf parsley**
- 1 teaspoon chopped fresh dill**
- ½ teaspoon minced fresh garlic**
- ¼ teaspoon salt**
- ¼ teaspoon onion powder**
- ¼ teaspoon freshly ground black pepper**

- Combine cream cheese and buttermilk in a small bowl, stirring with a whisk until blended. Stir in remaining ingredients.**