

Classic Creamy Coleslaw

A simple, creamy and sweet base for coleslaws and salads. Customize it with some toasted sesame or poppy seeds. This recipe makes enough to dress a large communal bowl o' slaw.

Serving Info.:

Yield: 2/3 cup
Serving Size: 2/3 cup
Servings: entire batch



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Ingredients:

- 1/2 cup plain fat free Greek yogurt
- 1 Tbsp light mayonnaise
- 2 Tbsp water
- 2 Tbsp apple cider vinegar
- 3 Tbsp 0 point sweetener o' choice
- 1/2 tsp salt
- 1/4 tsp pepper

Directions:

- 1 Mix everything together till smooth, done.

Creamy Chipotle

Whoever suggested that I try making this, you suck! You could have said, "Hey Daniel in case you didn't know, Chipotle peppers are actually smoked Jalapenos." My face is melting and I can feel the fluid in my eyes simmering because of you... Jerk!

Serving Info.:

Yield: 2-1/4 cups
Servings: (8) 1/4 cup



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Ingredients:

- 1-1/2 cups plain fat free greek yogurt
- 2-1/2 Tbsp light mayonnaise
- 1/4 cup water
- 3 Tbsp lime juice
- 2 pieces, canned chipotle peppers in adobo sauce
- 1 medium garlic clove
- 2 Tbsp fresh cilantro, finely chopped, packed
- 1/2 tsp McCormick chipotle chili pepper powder, to taste.
- 2 tsp smoked paprika
- 2 tsp paprika
- 1/4 tsp cumin
- 1/2 tsp salt
- 1/4 tsp pepper

Directions:

- 1 Use either an immersion blender, or a regular blender, to blend all of the ingredients together until smooth. Cover and let set for at least 1 hour.
- If you can't find chipotle chili powder at your local grocery stores, you can use another type of smoked chili powder, such as Ancho chili powder.
 - You can find canned peppers in adobo sauce, in the Mexican food aisle of the grocery store.

Creamy Cilantro

This is my ww-ified version of the *El Pollo Loco* creamy cilantro dressing that they give you when you order a tostada. My version's loaded with cilantro, garlic, lime juice and more.

Serving Info.:

Yield: 2 cups
Servings: (8) 1/4 cup



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Ingredients:

- 2 cups fresh cilantro, finely chopped, loosely packed
- 2 medium garlic cloves, chopped
- 2-1/2 Tbsp light mayonnaise
- 1-1/2 cups fat free Greek yogurt
- 2 Tbsp lime juice
- 1/4 cup water
- 1/2 tsp salt, to taste
- 1/8 tsp black pepper
- 1 tsp 0 calorie sugar replacement o' choice

Directions:

- 1 Place all of the ingredients into a food processor and pulse until combined. Then run on high speed for around 30 seconds, till the dressing has a uniform green color.
- 2 Set aside and let rest, in the fridge, for 30 minutes.

Creamy Roasted Garlic & Onion

A delicious and savory dressing with roasted garlic and onions, blended with greek yogurt and reduced fat mayo.

Serving Info.:

Yield: 2-1/4 cups
Servings: (9) 1/4 cup



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Ingredients:

- 1 medium yellow onion, peeled and sliced in half
- 4 medium garlic cloves, peeled
- olive oil cooking spray
- 1 cup fat free Greek yogurt
- 1 Tbsp light mayonnaise
- 2 tsp worcestershire sauce
- 1/4 cup white wine vinegar (or distilled white vinegar)
- 1 tsp 0 calorie sugar replacement o' choice
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 to 3/4 tsp salt, to taste
- 1/4 tsp pepper
- additional water, 1 Tbsp at a time, to thin dressing

Directions:

- 1 Preheat oven to 425. Line a pan with aluminum foil. Place the onion onto the pan and coat with cooking spray. Place garlic into a small foil pouch, spray with cooking spray, then close pouch. Roast for 30 minutes at 425 degrees.
- 2 Chop onion, then use an immersion blender, or food processor, to blend ingredients together, until smooth.