

## Creamy Greek Feta & Dill

A yummy Greek salad dressing that will have you in the mood to roast a whole lamb in your front yard, then paint your garage door like the Greek flag. Opa!

### Serving Info.:

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



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### Ingredients:

- 1 cup fat free Greek yogurt
- 1/4 cup water
- 2-1/2 Tbsp lemon juice
- 1 tsp light mayonnaise
- 2 medium garlic cloves, crushed, chopped
- 1/4 cup cucumber, peeled and finely diced/chopped
- 1/2 cup reduced fat feta cheese crumbles
- 3 Tbsp fresh dill, finely chopped
- 2 tsp olive oil.
- 1/2 tsp salt
- 1/4 tsp pepper

### Directions:

- 1 Use either an immersion blender or a regular blender, to process the ingredients together. Don't completely puree them, you want to leave a little texture.
- 2 If the mixture is too thick for your personal taste, add some water, until you get your desired consistency.

## Dijon Vinaigrette

This is an extremely quick to toss together dressing, perfect to replace a traditional, oil-laden dressing.

### Serving Info.:

Yield: 1-1/4 cup  
Serving Size: 1/4 cup  
Servings: 5



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### Ingredients:

- 3/4 cup plain fat free Greek yogurt
- 5 Tbsp dijon mustard
- 3 Tbsp white wine vinegar
- 1 tsp olive oil (try to get a bottle labeled 'bold' or 'robust' flavor)
- 1/4 tsp salt
- 1/8 tsp black pepper

### Directions:

- 1 Mix everything together till smooth, done.

## French

I used to hate French dressing, as a kid. The neon orange goop from a bottle was disgusting. But this stuff is awesome! It's sweet, creamy, tangy, savory and peppery... mmmm.

### Serving Info.:

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



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### Ingredients:

- 1-1/4 cup plain fat free Greek yogurt
- 6 Tbsp (1/3 cup plus 1 Tbsp) tomato sauce
- 1/3 cup apple cider vinegar
- 2 Tbsp water
- 1/4 cup onion, diced and fiiiiinely chopped/minced
- 2 tsp worcestershire sauce
- 2-3/4 tsp paprika
- 1/2 tsp onion powder
- 1/2 tsp dry, ground mustard
- 3 to 4 Tbsp 0 calorie sugar replacement o' choice
- 1/2 tsp salt
- 1/4 tsp black pepper

### Directions:

1. Whisk all of the ingredients together in a bowl, till well combined. Set aside in the fridge for 1 hour. Done.

## Honey (maple) Mustard

This is my low calorie, reduced sugar, nearly fat free hacked down version of a traditional honey mustard recipe.

### Serving Info.:

Yield: 1-3/4 cups  
Serving Size: 1/4 cup  
Servings: 7



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### Ingredients:

- 1 cup plain fat free Greek yogurt
- 1/4 cup classic yellow mustard
- 1 Tbsp dijon mustard
- 1 Tbsp honey
- 1-1/2 Tbsp sugar free syrup (pancake syrup)
- 3 Tbsp 0 calorie sugar replacement o' choice
- 1 Tbsp light mayonnaise
- 2 Tbsp lemon juice
- 1/2 tsp dry mustard
- 1/2 tsp salt
- 1/8 tsp black pepper
- additional water, if desired, 1 Tbsp at a time

### Directions:

- 1 Mix everything together till smooth, done.

- Why the pancake syrup? Sugar Free syrup gives thick sweetness, while the small amount of honey infuses it, for a fraction of the points and calories. Plus, this is easier on the diabetic folks in the audience.