

Italian Dressing

This is my hacked down copycat recipe for The Olive Garden's creamy Italian dressing.

Serving Info.:

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



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Ingredients:

- 1/2 cup water mixed with 1-1/2 tsp cornstarch
- 1 large egg yolk***
- 1/4 cup white wine vinegar
- 1/4 tsp salt
- 1/4 tsp pepper
- 2 tsp lemon juice
- 1 tsp minced garlic
- 1/4 tsp EACH, dried oregano, dried basil & dried parsley
- 1/8 tsp red pepper flakes
- 2 tsp worcestershire sauce
- 1 tsp light mayonnaise
- 1/2 to 1 tsp 0 point sugar replacement, to taste
- 1/4 cup plain fat free Greek yogurt
- 3-1/2 tsp reduced fat, grated parmesan topping (like Kraft)

Directions:

- 1 Mix and heat the water/cornstarch and yolk in a small pot to a low boil. Simmer and stir for 3 minutes, set aside till cool.
- 2 Use a small blender or immersion blender to blend ALL the ingredients together, till smooth.
- 3 Season with additional salt and pepper, if needed.

Parmesan Black Peppercorn

This creamy dressing has a smoky and subtle heat from black pepper, combined with the savoriness of parmesan.

Serving Info.:

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



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Ingredients:

- 1-1/2 cup fat free Greek yogurt
- 2-1/2 Tbsp light mayonnaise
- 6 Tbsp water
- 2 Tbsp lemon juice
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp salt
- 1-1/2 to 2 tsp coarse ground black pepper, to taste
- 3 Tbsp reduced fat parmesan topping (like Kraft)
- 2 tsp worcestershire sauce

Directions:

- 1 Whisk all of the ingredients together in a mixing bowl, until smooth. Let sit for 1 hour in the fridge. Done.

Ranch Dressing

This is Weight Watchers 101, but new folks are ALWAYS asking how to make quick, easy, low point Ranch dressing. So, here'ya go.

Serving Info.:

Yield: 2 cups
Serving Size: 1/4 cup
Servings: 8



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Ingredients:

- 1-1/2 cup plain fat free Greek yogurt.
- 1/2 cup water
- 2 tsp white vinegar
- 1 Tbsp light mayonnaise
- 0.4 oz packet Hidden Valley Ranch 'The Original' ranch salad dressing and seasoning mix (the 1 point packet, not the "restaurant style" one, which is 3 points).

Directions:

- 1 Mix everything together till smooth, set aside 30 minutes. Done.

Raspberry (or any fruit) Vinaigrette

This dressing is similar to my apple vinaigrette, but with a few very important tweaks. You can use this as a base recipe for any number of fruit vinaigrettes, by swapping the fruit.

Serving Info.:

Yield: 2 cups
Size: 1/4 cup
Servings: 8



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Ingredients:

- 12oz fresh raspberries. You can also use frozen, but make sure to scan the bag. You want one with no added sugar.
- 1 Tbsp water
- 1/3 cup apple cider vinegar
- 1/4 cup white wine vinegar
- 1 Tbsp dijon mustard
- 2 tsp honey (it's easier if it's slightly warmed up)
- 1-1/2 Tbsp sugar free syrup (pancake syrup)
- 1-1/2 Tbsp 0 point sweetener o' choice (I used monkfruit)
- 1/2 cup plain fat free Greek Yogurt
- 1/4 to 1/2 tsp salt, to taste
- 1/4 tsp cracked black pepper

Directions:

- 1 Rinse the raspberries (if fresh) and heat them in a small pot, with 1 Tbsp water, till they cook down. (3-4 mins.)
- 2 Use an immersion, or regular blender and puree the fruit. Once pureed, pour them through a fine mesh strainer, to remove the seeds. You should end up with 3/4 cup.
- 3 Add all the ingredients into a mixing bowl. Whisk till well combined. Let sit in the fridge for 20 mins., to set.

Notes:

- The fruit puree does NOT HAVE POINTS! It's not a drink. It's being used in a food item that is meant to be consumed via chewing. It's a legit 'in system' rule.