



*Simple,  
Seasonal,  
Sustainable*

Recipe of the Week

## ***Yogurt-Herb Dressing***

### **Ingredients:**

- ¾ cup plain Greek yogurt
- 1 clove garlic, minced
- 1 tablespoon Dijon mustard
- 1 tablespoon fresh tarragon or 1 teaspoon dried
- 1/3 cup chopped fresh parsley
- Salt
- Pepper

### **Directions:**

1. Combine yogurt, garlic, mustard, and herbs in a food processor or blender and puree. Season to taste with salt and pepper.
2. Serve with a leafy green salad, or as a sauce for grilled fish.

*Serves 8 (2 tablespoon servings)  
25 calories, 1 g fat, 1 g saturated fat, 1 g  
carbohydrate, 0 g fiber, 2 g protein, 55  
mg sodium  
Source: Oldways*

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