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