

Goat Cheese Dressing

Enough to dress 2 dinner-sized salads

1 oz. softened goat cheese
2 Tbsp. lowfat buttermilk
3 Tbsp. fat free Greek yogurt
1/2 tsp. white wine vinegar
1 tsp. lemon juice
sea salt & freshly ground pepper

Combine all ingredients with a fork, breaking up the goat cheese to mix it in.

Nutrition Per Serving: Calories: 60 / Fat: 3.1g / Saturated Fat: 2.1g / Carbs: 2.2g / Protein: 5.5g