

# LIGHT BLUE CHEESE SALAD DRESSING

*Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian*

Serves: 10 (Serving= 2 Tablespoons)

## Nutrition (per serving)

Calories: 58

Total Fat: 5 g

Saturated Fat: 2 g

Sodium: 178 mg

Total Carbohydrate: 2 g

Dietary Fiber: 0 g

Total Sugars: 1 g

Protein: 2 g



## Ingredients

- ½ cup light mayonnaise
- 1/3 cup light sour cream
- 1/3 cup blue cheese crumbles
- ¼ cup skim milk
- ½ Tablespoon Worcestershire sauce (read label to assure gluten free for GF version)
- ¼ teaspoon ground black pepper

## Directions

1. Whisk all ingredients together in a small bowl.
2. Serve with raw veggies, over salad greens or even grilled chicken!