

blue cheese dressing

use as a vegetable dip or a dressing for tossed salads

Yield: 1 cup

ingredients:

1 c plain lowfat Yami yogurt
1/4 c crumbled blue cheese
1 tsp vinegar
1/2 tsp sugar
1/4 tsp salt

preparation:

In a small bowl, mash blue cheese with a fork; add vinegar, sugar and salt and mix well. Fold in yogurt and blend. Cover and chill.

Yami[®]
yogurt