



EAT YOUR BEST.  
LESS SALT.  
MORE PLANTS.

# ITALIAN DRESSING

## INGREDIENTS

- 240 g Hellman's Zesty Italian dressing
- 110 g plain low-fat Greek yogurt
- 130 g lemon puree
- 100 g balsamic vinegar
- 35 g dried basil
- 240 g olive oil

## METHOD

- 1** For lemon puree, wrap 2 lemons in foil and roast at 275°F until soft. Then puree the 2 lemons in a blender.
- 2** Whisk the Italian dressing and other ingredients together adding the olive oil in a slow drizzle at the end.

\*Serving Size 30g (2 tbsp)

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**NUTRITION FACTS:**    **Calories 110**    **Total Fat 11g**    **Sodium 130mg**    **Fiber 1g**    **Protein 1g**