

## **Creamy Greek Yogurt Salad Dressing**

*Based on a recipe by [thekitchn.com](http://thekitchn.com)*

Most homemade creamy dressings use mayonnaise or sour cream as the base. Instead put the protein and calcium power of Greek yogurt to good use as the main ingredient in this creamy salad dressing. With a few simple pantry ingredients you can transform yogurt into a tasty companion for salads or a dip for crunchy vegetables. You can also add herbs such as dried dill, parsley, or chives for more flavor. Homemade dressings usually have a short shelf life of only 5 days so make in small batches to keep it fresh.

Makes 8 servings

4 teaspoons Dijon mustard

6 tablespoons plain Greek yogurt

¼ teaspoon salt

¼ teaspoon sugar

Freshly ground pepper to taste

¼ cup white wine vinegar

Optional: ¼ teaspoon dill or ⅛ teaspoon parsley or chives

Directions:

Whisk together mustard, yogurt, salt, sugar, and pepper in a small bowl until smooth. Add vinegar and whisk to combine. Toss with salad greens or serve with sliced crisp vegetables.

