

Ranch Seasoning Packet

- This recipe makes 1/2 cup of seasoning. Three tablespoons of this mix is equal to one store-bought Ranch seasoning packet.
- 3 Tablespoons of this mix has 40% less sodium than one store-bought seasoning packet.
- Mix with low-fat or fat-free Greek yogurt to make a fresh delicious dip or salad dressing.
- To save time, make a double batch of this recipe and store in an air-tight container in the refrigerator for when you need it. (If not using buttermilk powder, you do not need to store in the refrigerator.)
- Great for seasoning meats and vegetables, too!

Nutrition Facts	
3 servings per container	
Serving size	1 tablespoon
Amount per serving	
Calories	90
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 10mg	3%
Sodium 490mg	21%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 235mg	20%
Iron 1mg	6%
Potassium 366mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Servings: about 3 (3 Tablespoons each) Prep Time: 5 minutes



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Ingredients:

- 1/2 cup buttermilk powder (optional)
- 2 Tablespoons dried parsley
- 1 Tablespoon dried chives
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 1 teaspoon dried dill
- 1/2 teaspoon salt
- 1 teaspoon black pepper

Directions:

1. Mix all ingredients in a bowl and **whisk** together. For a finer consistency, **pulse** a few times in a food processor.

For Dip:

1. Mix 3 Tablespoons of mix with 1 cup nonfat Greek yogurt. Makes 8 servings (2 Tablespoons each).

For Dressing:

1. Mix 3 Tablespoons of mix with 1 cup nonfat Greek yogurt and add nonfat milk to reach desired consistency. Makes 8 servings (2 Tablespoons each).

If not using buttermilk powder, double other ingredients to make one recipe (use 1 teaspoon salt) and use enough to your taste preference for dip or dressing. To increase tart flavor, add lemon juice or fresh buttermilk 1 teaspoon at a time to achieve desired flavor.

Recipe Credit:

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