



PESTO DRESSING

Basic Lifestyle

Ingredients:

1 cup plain, unflavored yogurt
1/4 cup chopped fresh basil
1 TBS low-fat or fat-free mayo
2 TSP chopped fresh parsley
2 TSP lemon juice
1/2 TSP dry powder (or 1 TSP low sodium mustard, no more than 40-50 mg. sodium)

Instructions

Combine all ingredients in bowl. Mix well. Chill.

Portion-Per-Serving Information (Yields 1 cup = 8 TBS)

Serving size = 2 TBS = 35 calories (120 calories = 1 FT)