

Buttermilk Blue Cheese Dressing

Makes 1 cup dressing

Ingredients:

- 1/2 cup low-fat buttermilk
- 1/2 cup [Hellman's mayonnaise](#)
- 1/4 cup Greek yogurt
- 1 Tablespoon lemon juice
- 1 Tablespoon finely chopped basil (or parsley or tarragon)
- 1/4 teaspoon [Worcestershire sauce](#)
- 1 small clove garlic
- 1/4 teaspoon salt
- 4 ounces crumbled blue cheese
- Freshly ground black pepper

Instructions:

1. In the bowl of a food processor, blend together buttermilk, mayonnaise, yogurt, lemon juice, basil, Worcestershire, garlic and salt until garlic is chopped and mixture is well-combined.
2. Add blue cheese and pepper. Pulse a few times to combine, leaving some chunks of blue cheese still intact. Taste and add little extra salt or lemon juice, if desired. Pour into a jar and store in refrigerator for up to one week.