

Herb & Horseradish Dressing

By Eating Well

Makes: 1/2 cup

Active Time: 10 minutes

Total Time: 10 minutes

Ingredients

• 1/2 cup reduced-fat sour cream (or Greek Yogurt)

- 1/3 cup finely chopped mixed fresh herbs, including chives, dill, flat-leaf parsley
- 2 tablespoons prepared horseradish
- 1/8 teaspoon salt
- Freshly ground pepper, to taste

Preparation

1. Whisk sour cream (or Greek Yogurt), herbs, horseradish, salt and pepper in a small bowl until combined.

Tips & Notes

• Make Ahead Tip: Cover and refrigerate for up to 1 week.

The Balanced Body Center (704) 849-9393 www.knowbalance.com