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Creamy Garlic Dressing

- ½ Cup buttermilk
- ¼ Cup low-fat mayonnaise
- 1 ½ Tbsp lemon juice
- 2 Tbsp freshly grated Parmesan cheese
- 2 Tsp reduced-sodium soy sauce
- 1 Clove garlic, minced
- 1/8 Tsp salt
- Freshly ground pepper, to taste

- 1) Combine buttermilk, mayonnaise, lemon juice, Parmesan, soy sauce, garlic, salt and pepper in a blender; blend until smooth.

Makes about 1 Cup

