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Tossed Salad with Creamy Dill Dressing

Dressing:

- 2/3 Cup plain fat-free yogurt
- 2 Cloves garlic, finely chopped
- 1 Tbsp chopped fresh or 1 teaspoon dried dill weed
- 2 Tsp sugar
- 1/8 Tsp salt
- 1/8 Tsp coarsely ground black pepper
- 1 Tbsp white wine vinegar

Salad:

- 5 Cups chopped red leaf lettuce
- 1 Medium cucumber, peeled if desired, seeded and chopped
- 1 Medium tomato, chopped
- 1/2 Cup fat-free croutons

- 1) Mix all dressing ingredients in small bowl.
- 2) Mix lettuce, cucumber and tomato in large bowl. Pour dressing over salad; toss gently to mix thoroughly. Top with croutons.

Makes 6 Servings

