

CREAMY GARLIC & CHIVE DRESSING

SOURCE: Weight Watchers New Complete Cookbook

INGREDIENTS:

10 garlic cloves, peeled
1 C water
1/2 C part-skim ricotta cheese
1/4 C plain nonfat yogurt
2 TBS chopped chives
1/2 tsp salt
1/4 tsp freshly ground pepper

DIRECTIONS:

In small saucepan, combine garlic & 1 C water - bring to boil. Reduce heat & simmer 10 minutes. With slotted spoon, transfer garlic & 2 TBS of the cooking liquid to a blender or food processor. Add the ricotta & yogurt - puree. Transfer to bowl - stir in chives, salt & pepper. Refrigerate, covered, at least 2 hours. Stir again before serving.

Servings: 4

(per serving: 62 calories; 2g total fat; 2g saturated fat; 10mg cholesterol; 324mg sodium, 5g total carbohydrates; 0g dietary fiber; 5g protein, 129mg calcium - WW points per serving: 1)