



Russian Dressing

SERVINGS: 4

PREPPING TIME: 5 MINS

COOKING TIME: NONE

Ingredients

½ cup plain greek yogurt
½ cup mayo
1tbsp ketchup
1tsp worchestershire
sauce
1tsp horseradish
2tbsp caramelized onion
jam
1tsp paprika
dash of salt and pepper

Directions

1. In a bowl, mix all ingredients together with a whisk.
2. Refrigerate for a minimum of 30 minutes but for best results, overnight.

This higher protein, lower calorie dressing makes a great addition to salads, sandwiches or burgers.