



Ranch Dressing + Dip



Jandy's Original Recipe

Ingredients



- 1 cup sour cream
- 1 cup mayonnaise (Best Foods works best)
- 1 1/2 Tbsp. dried dill weed
- 1/2 Tbsp. Beau monde seasoning (See side recipe)
- 1/4-1/2 cup buttermilk (optional)

Beau monde seasoning recipe

- 1 Tbsp. sea salt
 - 1/2 Tbsp. onion powder
 - 1/2 Tbsp. garlic powder
 - 1/2 Tbsp. celery seed
- Yield: 16 servings
Serving Size: 2 Tbsp.



Directions



1. Make Beau monde seasoning: combine all ingredients listed under Beau monde seasoning recipe and set aside.
2. Add all ingredients for ranch dressing to a large mixing bowl and whisk until well combined.
3. Refrigerate for 1-2 hours before serving.
4. Enjoy!

Total Cost: \$2.47

Serving Cost: \$0.15

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Ranch Dressing +Dip



Jandy's Original Recipe

Ingredients



- 1 cup sour cream
- 1 cup mayonnaise (Best Foods works best)
- 1 1/2 Tbsp. dried dill weed
- 1/2 Tbsp. Beau monde seasoning (See side recipe)
- 1/4-1/2 cup buttermilk (optional)

Beau monde seasoning recipe

- 1 Tbsp. sea salt
 - 1/2 Tbsp. onion powder
 - 1/2 Tbsp. garlic powder
 - 1/2 Tbsp. celery seed
- Yield: 16 servings
Serving Size: 2 Tbsp.



Directions



1. Make Beau monde seasoning: combine all ingredients listed under Beau monde seasoning recipe and set aside.
2. Add all ingredients for ranch dressing to a large mixing bowl and whisk until well combined.
3. Refrigerate for 1-2 hours before serving.
4. Enjoy!

Total Cost: \$2.47

Serving Cost: \$0.15

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Fast Facts



Featured Food Groups



Nutrition Facts	
16 servings per container	
Serving size	2 Tablespoons
Amount Per Serving	120
	% Daily Value*
Total Fat 13g	17%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 6g	
Monounsaturated Fat 3g	
Cholesterol 15mg	5%
Sodium 130mg	6%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 0mg	0%
Potassium 33mg	0%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Cooking Tips

- For a thinner dressing for salads, add 1/4 - 1/2 cup buttermilk to recipe
- For a lower fat version, try substituting low-fat or fat-free Greek yogurt for the sour cream, or use light sour cream!

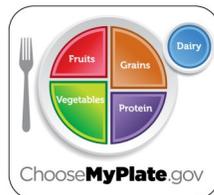
Second Harvest is an equal opportunity provider.



Fast Facts



Featured Food Groups



Nutrition Facts	
16 servings per container	
Serving size	2 Tablespoons
Amount Per Serving	120
	% Daily Value*
Total Fat 13g	17%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 6g	
Monounsaturated Fat 3g	
Cholesterol 15mg	5%
Sodium 130mg	6%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 0mg	0%
Potassium 33mg	0%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Cooking Tips

- For a thinner dressing for salads, add 1/4—1/2 cup buttermilk to recipe
- For a lower fat version, try substituting low-fat or fat-free Greek yogurt for the sour cream, or use light sour cream!

Second Harvest is an equal opportunity provider.