



# 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](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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# Fast Facts



## Featured Food Groups



Nutrition Facts	
16 servings per container	
<b>Serving size</b>	<b>2 Tablespoons</b>
<b>Amount Per Serving</b>	<b>120</b>
	% Daily Value*
<b>Total Fat</b> 13g	<b>17%</b>
Saturated Fat 3g	<b>15%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 6g	
Monounsaturated Fat 3g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 130mg	<b>6%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
Sugar Alcohol 0g	
<b>Protein</b> 0g	<b>0%</b>
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 0mg	0%
Potassium 33mg	0%
*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.	

## 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!

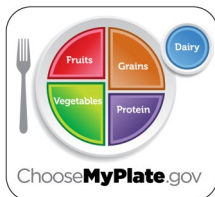
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