**Ranch Dressing**

Ingredients

* 1/2 cup nonfat plain yogurt, or 1/3 cup nonfat Greek style yogurt
* 1/3 cup lowfat buttermilk
* 3 tablespoons mayonnaise
* 1 1/2 teaspoons lemon juice
* 1 teaspoon Dijon mustard
* 1/2 teaspoon onion powder
* 1/4 teaspoon garlic powder
* 1 tablespoon finely chopped fresh chives
* Lemon zest to taste
* Directions
* If using plain yogurt, place it in a strainer lined with a paper towel and place the strainer over a bowl. Let the yogurt drain and thicken for 20 minutes.
* In a medium bowl, combine the strained or Greek-style yogurt and the rest of the ingredients. Add lemon zest, to taste.