



Buttermilk Bleu Cheese Dressing over Chicken Salad

– by Paula, Hendricks, Nutrition Consultant



This is a delicious dressing, especially when you make it one day ahead. I usually make this dressing at the beginning of the week and use it on salads or as a vegetable dip. I like to use Point Reyes Bleu Cheese which can be found at Safeway and Raley's or the Buttermilk Bleu Cheese from Whole Foods. See below for additional note for adding chicken to this recipe.

Ingredients:

- One cup cultured lowfat buttermilk, 1 %
- 1/2 cup Greek style nonfat plain yogurt
- 1/2 cup light sour cream
- 4 ounces high quality bleu cheese crumbles, about 1/2 cup (best to weigh)
- 1/2 tsp Worcestershire sauce
- 1/2 -1 tsp Fish and Shellfish Herb Rub seasoning (or seasoning of your choice)
- 1 small garlic clove, minced
- Salt and pepper to taste

Instructions:

1. Mix the yogurt and sour cream together. Add the buttermilk and mix thoroughly with a fork.
2. Add the Worcestershire, seasoning, garlic and a dash or two of pepper.
3. Mix in the bleu cheese and stir. Cover and place in fridge to let flavors blend together.
4. When ready to use, taste to see if you need to add any salt, more pepper or Herb Rub seasoning.

Nutritional Value:

Each 2 tablespoon serving contains approximately 36 calories, 3 grams of protein, 2 grams of fat and 1.5 grams of carbohydrates.

Additional Note:

I like to use the remaining buttermilk for marinating chicken. I take thin-sliced chicken breasts, put them in a container, and cover them with 1-2 cups of buttermilk (depending on how many chicken breasts you have), the juice of a half of a lemon, some fresh minced garlic, and the Made in Napa Valley Meritage Blend. I let it marinade for about 20 minutes or even overnight. This marinade makes the chicken very tender and gives it a tangy taste that works well with a salad and the buttermilk bleu cheese dressing to make a complete meal.