**Dips and Dressing Video Recipes - Ranch, Guacamole, Lemon-Honey Vinaigrette**

**Homemade Ranch Dip**

Makes about 2 cups

**Ingredients**

1 cup plain yogurt

1 cup buttermilk

1 green onion, thinly sliced

1 teaspoon garlic, minced

½ teaspoon dried dill

⅛ teaspoon paprika

⅛ teaspoon salt

⅛ teaspoon black pepper, or to taste

**Directions**

In a medium mixing bowl, combine the yogurt and buttermilk.

Add the remaining ingredients and mix well.

For best flavor, make at least one hour ahead so flavors can blend.

**Zesty Guacamole Dip**

Makes about 1 cup

**Ingredients**

1 large soft avocado, pitted, flesh removed

1 jalapeño pepper, seeded and diced; leave seeds for more heat

2 tablespoons red onion, minced

1-2 tablespoons lime juice, to taste

½ cup low-fat plain or Greek yogurt (do not use fat-free)

¼ cup cilantro, chopped

⅛ teaspoon ground black pepper

**Directions**

In a large mixing bowl, thoroughly mash avocado. Add remaining ingredients and mix well.

Serve immediately.

To store leftover dip, sprinkle with lime juice and place plastic wrap directly on surface of dip to prevent browning.

**Lemon Honey Vinaigrette**

Makes about 1/3 cup

**Ingredients**

2 tablespoons fresh lemon juice

1 teaspoon honey, or to taste

⅓ cup olive oil

1/8 teaspoon salt

1/8 pepper, to taste

**Directions**

Combine lemon juice, honey, salt and pepper. Adjust flavor as desired.

When ready to serve salad, add olive oil and shake vigorously before drizzling on salad.

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