Farm to Table provides local, sustainably grown foods to childcare programs in Seattle to increase access to highly nutritious foods. The program is supported by funding from the City of Seattle Sweetened Beverage Tax.

Ranch Dressing with Summer Veggies

Recipe from Tilth Alliance Makes 4-6 servings

Ingredients

1/2 cup mayonnaise

1/2 cup plain yogurt

1 teaspoon garlic powder

1 teaspoon onion powder

1 teaspoon dried dill

1/2 teaspoon black pepper

1 tablespoon fresh parsley or chives (optional)

1-2 tablespoons milk (to thin dressing, if desired)

4 cups sliced vegetables for dipping (such as cucumber, radishes, cauliflower, broccoli, or bell peppers)



Photo credit: Delish website

Instructions

Mix together the mayonnaise, yogurt, garlic powder, onion powder, dried dill, and black pepper. If using fresh parsley or chives, chop finely and add to the mixture. Stir with a whisk until all the herbs and spices are evenly combined. If you want to make the dressing thinner, add milk a tablespoon at a time to your desired consistency.

Serve with vegetables of choice.







