



Healthy Recipe



BUTTERMILK DRESSING

1/2 cup	buttermilk	1 tbsp	olive oil
1/2 cup	plain lowfat yogurt	2 tsp	Rhode Island honey
2 tbsp	lemon juice OR apple cider vinegar	2 tbsp	fresh RI-grown parsley or other RI-grown herb

- Whisk all ingredients together.
- ENJOY over your favorite **RI-grown** salad greens!

Nutritional Information

(10 servings in recipe)

Per serving (2 tablespoons):

Calories:	40	Vitamin A:	1%
Cal from Fat:	15	Vitamin C:	2%
Total Fat:	2 g	Calcium:	7%
Saturated Fat:	.5 g	Iron:	1%
Cholesterol:	1 mg		
Sodium:	42 mg		
Carbohydrates:	4 g		
Fiber:	0 g		
Sugar:	2 g		
Protein:	2 g		

Percent Daily Values are based on a
2000 calorie-per-day diet

**GET FRESH.
BUY LOCAL.**

Your purchase of
RI grown and raised foods

SUPPORTS

the local economy,

HELPS

to preserve open space

and **CONTRIBUTES**

to a

sustainable food system.

Please visit us at

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