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Creamy Low-fat Ranch Dressing

FLT (per 2 tbsp serving): free
20 calories, 2 g carbohydrates, 2 g protein, <1 g fat

¾ cup low fat or nonfat plain yogurt
¼ cup buttermilk
1 tbsp. grated onion
1 tsp. vegetable seasoning mix (adjust to taste)
Pinches of oregano and cayenne
1 tbsp. lemon juice

1. Combine ingredients in a bowl and stir with a fork. (Yogurt and buttermilk-based sauces will thin out if mixed in blender or food processor.)
2. Refrigerate any leftovers. Makes about 1 cup.