

Farmers Market Fun Family Recipes

BUTTERMILK GARLIC DRESSING



Serving Size: 2 Tablespoon

Yield: 24 servings

Ingredients

1-2 medium garlic cloves	½ cup buttermilk
4 tablespoons minced green onions	⅓ cup fat-free sour cream
3 tablespoons white wine vinegar	Large pinch of sugar
	½ cup olive oil

Instructions

1. Mince garlic; mash to a paste with fork or back of knife.
2. Whisk garlic, green onion, vinegar, buttermilk, sour cream, and sugar in bowl.
3. Gradually whisk in the olive oil.
4. Season with salt and pepper to taste.
5. Makes almost 1½ cups.

– Over –





Nutrition information:

Calories: 83

Carbohydrate: 2 gm

Fiber: 0 gm

Fat: 8 gm

Protein: 2 gm

Cholesterol: 0 mg

Sodium: 44 mg

*For more information,
contact your county
WVU Extension office
or go to www.ext.wvu.edu.*



Food Safety First

Research by the National Center for Home Food Preservation confirmed that **mixtures of garlic in oil stored** at room temperature are at risk for the development of a toxin that results in botulism, a potentially deadly foodborne illness.

Remember

Always wash your hands before preparing or eating produce. To properly wash your hands, use warm running water, lather with soap for 20 seconds, and dry hands with a clean paper towel or hand towel. Use the towel to turn off the tap. This prevents bacteria that you transferred to the tap handle when turning on the water from recontaminating your hands.

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