THOUSAND ISLAND DRESSING

**Yields:** approximately 1 ½ cups

**Ingredients:**
- 1 (8 ounces) container lowfat vanilla yogurt
- ¼ cup ketchup
- ¼ cup pickle relish
- ¼ teaspoon pepper

**Directions:**
1. In a small bowl, MIX yogurt, ketchup, pickles and pepper.
2. CHILL for 1-2 hours before serving.

**Variations:**
Use as a dressing or dip for vegetables and salads in place of mayonnaise.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.