Sauces, dips and dressings can add taste and flavor to vegetables and fruits. Ready to eat commercial products that can be bought from the store may be high in fat, salt, and calories.

Homemade sauces, dips and dressings can be quick and easy to prepare. These recipes are low in fat, rich in flavor, a good source of nutrients, and still taste great.

### Ranch Style Dip

**Yield:** approximately 2 cups

**Ingredients:**
- 2-4 tablespoons water OR nonfat milk OR lowfat milk
- 1 (16-ounce) container lowfat cottage cheese
- 1 ounce package Ranch-style dressing mix

**Directions:**
1. In a blender, PLACE water OR milk, cottage cheese, and Ranch-style dressing mix and BLEND at medium to high speed.
2. For thinner consistency, ADD more water OR milk.
3. POUR mixture into a medium jar, COVER and REFRIGERATE until ready to SERVE.

**Variations:**
Instead of Ranch-style dressing mix, use:
- ½ teaspoon onion powder OR 2 tablespoons round onion
- ½ teaspoon pepper
- 1-2 teaspoons dill weed
- ½ teaspoon garlic powder

Serve with favorite “dippers” (cooked potato rounds, cherry tomatoes, cabbage, lettuce leaves, broccoli, cauliflower, cucumber, carrots, bell pepper, zucchini strips, etc.)

Ranch dip may be used as a topping for potatoes, as a salad dressing, or as a dressing base for sandwiches etc.

### Salsa

**Yield:** approximately 4 cups

**Ingredients:**
- ½ - ¾ pounds tomatoes OR 1 (28 ounce) can whole tomatoes
- ¼ small round onion
- 2 tablespoons Chinese parsley
- 1 piece chili pepper
- 1 teaspoon lemon OR lime juice

**Directions:**
1. Finely CHOP tomatoes, onion, and parsley.
2. MINCE chili pepper.
3. In a medium bowl, COMBINE tomatoes, onion, Chinese parsley, chili pepper, and lemon OR lime juice.
4. COVER and REFRIGERATE until ready to SERVE.

**Variations:**
Canned stewed tomatoes may be used instead of whole tomatoes.

Salsa may be used as a dressing or dip.
### Tartar Sauce

**Yield:** approximately 1 ½ cups

**Ingredients:**
- 1 teaspoon pickled capers
- 1 (6-ounce) container lowfat vanilla yogurt
- ¼ cup pickle relish
- ¼ teaspoon pepper

**Directions:**
1. CHOP capers.
2. In a small bowl, MIX capers, yogurt, pickle relish, and pepper.
3. COVER and REFRIGERATE until ready to serve.

**Variations:**
Use with seafood, vegetables, or in place of mayonnaise in sandwich spreads.

To make Thousand Island dressing, add ketchup to sauce and eliminate capers.

### Ginger-Citrus Dressing

**Yield:** approximately 1 cup

**Ingredients:**
- ¼ cup grated ginger root
- 2-4 tablespoons fresh lemon OR lime juice with zest*
- 1 cup rice vinegar
- Optional: ¼ cup honey**

**Directions:**
1. In a small bowl, MIX ingredients well.
2. COVER and REFRIGERATE until ready to serve.

**Variations:**
Serve with “dippers”: sliced fruit, potato rounds, vegetable sticks.

* Zest is the thin outer peel of a citrus fruit.
** Honey should not be consumed by persons under 2 years of age.