Thousand Island Dressing

**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.

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