

Light & Healthy Salsa Ranch Dressing

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-tabbouleh-salad-recipe-tomato-sauce>

Ingredients:

- 8 Roma tomatoes depending on size, chopped large
- 1 red onions quartered
- 1 bunch cilantro roughly chopped
- 3 cloves garlic
- 2 limes juiced
- 2 jalapenos seeded and chopped large
- 1 serrano chili seeded and chopped large
- 1 packet ranch dip mix
- 1 greek yogurt nonfat
- 2 teaspoons cumin powder each of
- 1 teaspoon cayenne optional, depends on how spicy you like it
- salt
- pepper

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 10 milligrams
4. Fat: 2.5 grams
5. Fiber: 5 grams
6. Protein: 5 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 240 milligrams
9. Sugar: 9 grams

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