AMERICAN · SAUCE

Lighter Creamy Blue Cheese Dressing with Yoghurt

10 min · Makes 12 × 2 tbsp · 75 kcal a portion · Video 3:05 · Martha Stewart

Vegetarian · Gluten-free ingredients · No nuts listed

Low-fat yoghurt and buttermilk stand in for some of the usual mayonnaise and sour cream, so a 2-tbsp portion has about 75 kcal and 1 g of net carbs but keeps the punch of real blue cheese.

Diet notes: Keto (1.1 g net carbs a serve).

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Ingredients 8 · MAKES 12 × 2 TBSP

- [ ] ¼ cup **low-fat Greek-style yoghurt**
- [ ] ¼ cup **mayonnaise**
- [ ] 1 tbsp **fresh lemon juice**
- [ ] **fresh thyme leaves**, finely chopped (about 1 tsp)
- [ ] ½ cup **buttermilk**, plus a little extra if needed
- [ ] **salt**, to taste (a pinch; the cheese is salty)
- [ ] **white or black pepper**, to taste (a pinch)
- [ ] 4 oz **blue cheese**, such as Rogue, crumbled

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg, Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the low-fat Greek yoghurt and the mayonnaise in a bowl and squeeze in the fresh lemon juice. 0:57
2. Strip the thyme leaves from the stems, chop them finely and add them with the buttermilk. Season with salt and white or black pepper and whisk until smooth. 1:20
3. Crumble in the blue cheese and stir gently if you like it creamy with lumps, or keep whisking until the cheese breaks down for a smoother dressing. 2:05
4. If it gets too thick, whisk in a little more buttermilk. Spoon over iceberg wedges, sliced tomatoes, endive or radicchio. 2:31

> **Tip** Makes about 1½ cups (our estimate from the quantities). Keep covered in the fridge and stir before using. Gorgonzola, Roquefort or Stilton all work.

The method is a summary in our words — the video shows every step.

One portion (2 tbsp) gives you 1 OF 12 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
75 kcal	2.9 g	1.1 g	0 g	6.6 g	180 mg
310 kJ	6% of a day	1.1 g net · 0.8 g sugars	0% of a day	2.6 g saturated	8% of a day
		0% of a day		8% of a day	

Energy from net carbs 6% · protein 15% · fat 79% — fits keto: 1.1 g net carbs, 79% of the energy from fat

High in (20%+ of a day) Omega-3 22%

Recipe and video: Martha Stewart (@MarthaStewart) on YouTube — youtube.com/watch?v=SiUDYuAF1QA, published 12 September 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/lighter-blue-cheese-dressing