

Chipotle Dressing

Fat Free

Totals per 1 Tablespoon:

Calories 12 Fat 0 Fiber 0 Carbs 3

What you'll need:

1 1/4 Cup skim milk

1 Cup fat free mayonnaise

1 Package Taco dry seasoning mix (the kind you add to ground beef when you make Tacos)

1 Measuring cup

1 16 Ounce (minimum) size jar and lid for mixing (I use a clean 32 ounce mayonnaise jar)

Let's get to cooking!

1. Pour skim milk into jar.
2. Measure mayonnaise and put it in the jar with the milk.
3. Add Taco dry seasoning mix.
4. Close the lid and shake this for several minutes until well mixed.

Enjoy a great Southwest flavor on salads or as a dip, courtesy of **Kitty's Lighter Weigh!**