

# Deb's 1000 Island Dressing

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This recipe comes from a member of the Meal Planning FB Group  
– Deb from Korn's Kitchen

Makes 350 grams (1 1/2 cups), 2 Tbsp = 30 grams

2 Tbsp = 1 Point on all plans

- 1/2 cup light mayo
- 1/2 cup plain, non fat Greek yogurt
- 2 oz ketchup
- 2 oz sweet pickle relish
- 1-2 Tbsp finely chopped or grated onion
- 1/4 tsp salt
- 1/8 tsp pepper

1. Mix all ingredients together. Store in refrigerator.

Salad Dressing  
salad dressing