The swap: Mayonnaise and sour cream → Nonfat Greek yogurt

Homemade Greek Yogurt Ranch Dressing & Dip

By Angie Hayman

Creamy, tangy homemade ranch made with nonfat Greek yogurt, fresh herbs, and simple seasonings. All the ranch flavor you love, with a lighter twist that's perfect for dipping, drizzling, or spreading.



PREP	TOTAL	SERVINGS	DIFFICULTY	CALORIES
10 min	10 min	8	Easy	~22 est. per serving

This version saves ~108 calories per serving vs the classic (83% lighter)

Sauces & Dips · American · Vegetarian · High-protein · Calorie-conscious · Gluten-free

Approximate Nutrition

Estimated

Per serving (2 tablespoons)

~22	~3.1g	~1.8g	~0.2g	~0.1g	~1.2g	~90mg
CALORIES	PROTEIN	CARBS	FAT	FIBER	SUGAR	SODIUM

Nutrition information is an approximation and may vary depending on the brands and products used, exact ingredient quantities, and portion sizes.

Ingredients

Makes 8 · 2 tablespoons

- [ ] **1 cup** plain nonfat Greek yogurt
- [ ] **1 tbsp** fresh parsley, chopped
- [ ] **1 tbsp** green onion tops, finely chopped
- [ ] **1 tsp** dried dill
- [ ] **½ tsp** garlic powder
- [ ] **½ tsp** granulated onion
- [ ] **1 tsp** fresh lemon juice
- [ ] **½ tsp** Dijon mustard
- [ ] **¼ tsp** black pepper
- [ ] **⅛ tsp** salt
- [ ] **1 tbsp** 2% milk

Ingredient note: I used Friendly Farms plain nonfat Greek yogurt and fresh green onion tops instead of chives. The fresh parsley and dried dill give this ranch its classic herby flavor. Just 1 tablespoon of 2% milk gave me the creamy, dip-friendly consistency I wanted. For a thinner dressing, add a little more milk, 1 teaspoon at a time.

Instructions

1. **Prepare the Fresh Herbs**
   Finely chop the fresh parsley and green onion tops.
2. **Start with the Greek Yogurt**
   Add 1 cup of plain nonfat Greek yogurt to a medium mixing bowl.
3. **Add the Herbs and Seasonings**
   Add the parsley, green onion tops, dried dill, garlic powder, granulated onion, black pepper, and salt. Stir until evenly combined.
4. **Add the Tangy Ingredients**
   Stir in the fresh lemon juice and Dijon mustard until everything is well incorporated.
5. **Make It Creamy**
   Add 1 tablespoon of 2% milk and stir until smooth and creamy.
6. **Taste and Serve**
   Taste the ranch and adjust seasonings if needed. Serve immediately or cover and refrigerate until ready to use.

Calorie Hacker Tip: For a thinner, pourable ranch dressing, add additional milk 1 teaspoon at a time. Keep it thicker for dipping vegetables, crackers, or spreading on sandwiches.

All the Ranch. None of the Mayo.

The Calorie Hack

I love a good ranch dressing, but I don't need all that mayonnaise to enjoy it! This version uses plain nonfat Greek yogurt as the creamy base, with fresh parsley, green onions, dill, and a little lemon juice to bring everything together. I made this for our family's charcuterie grazing spread, and it passed the taste test before it even made it to the table. Creamy, tangy, full of flavor, and nobody missed the mayo!

Traditional approach	Our Calorie Hack
~~Mayonnaise~~	✓ **Plain nonfat Greek yogurt**
~~Sour cream~~	✓ **Plain nonfat Greek yogurt**
~~Store-bought ranch seasoning packet~~	✓ **Fresh herbs and pantry seasonings**

Why it works

- Nonfat Greek yogurt gives this ranch its thick, creamy texture without relying on mayonnaise or sour cream. It also adds protein while keeping the calories lower than a traditional full-fat ranch.
- Fresh parsley and green onion tops bring brightness, while dried dill, garlic, and onion deliver that familiar ranch flavor. A little Dijon mustard and lemon juice add tang, and just one tablespoon of milk makes everything smooth and dip-friendly.
- The result? A creamy homemade ranch that tastes like ranch, not like a compromise.

Make It a Meal

One serving: ~22 cal

This creamy Greek Yogurt Ranch is good for so much more than salads! Serve it with fresh vegetables, use it as a spread for sandwiches and wraps, or add it to a snack board. It's an easy way to bring big ranch flavor to a meal without piling on the calories.

- **Fresh veggie sticks** **+~50 cal**
  About 1½ cups of cucumbers, carrots and bell peppers.
- **Grilled chicken breast** **+~165 cal**
  About 4 oz of seasoned grilled chicken breast.
- **Turkey wrap** **+~250 cal**
  Turkey breast, lettuce and tomato in a whole-wheat tortilla.
- **Air-fried potato wedges** **+~160 cal**
  About 150 g of potatoes with a little olive oil and seasoning.
- **Side salad** **+~40 cal**
  Mixed greens, cucumber and tomatoes, without dressing.

Illustrative estimates. Actual calories depend on portions, ingredients, and dressing.

Angie's Kitchen Notes

What we learned making it

1. ****You don't need mayo to make a great ranch.****
   I wasn't sure if Greek yogurt alone would give me that creamy, satisfying ranch flavor, but it absolutely delivered. No mayonnaise or sour cream needed!
2. ****Fresh herbs make a difference.****
   I had fresh parsley and green onion tops on hand, so that's what I used along with dried dill. The combination gave this ranch that fresh, herby flavor I was looking for.
3. ****A little milk goes a long way.****
   I only needed one tablespoon of 2% milk to get the consistency right. Start small because you can always thin it out, but you can't easily thicken it back up!
4. ****Don't skip the tang.****
   The lemon juice and Dijon mustard help balance the creaminess of the Greek yogurt and give the dressing that familiar ranch flavor.
5. ****The real test is whether people actually eat it.****
   Curt and I both loved it during our initial taste test, and later I served it as part of a huge homemade charcuterie spread for family and friends. The whole spread was a hit, and nobody complained about eating a lighter ranch!
6. ****One ingredient can do a whole lot.****
   This recipe reminded me why Greek yogurt is one of my favorite calorie hacks. It's not just for breakfast. It can replace heavier ingredients in dips, dressings and sauces without making the food feel like a compromise.

Storage & Reheating

- **Refrigerator:** Store in an airtight container in the refrigerator at 40°F or below for up to 3–4 days. Stir well before serving, as some natural separation may occur.
- **Freezer:** Freezing is not recommended. Greek yogurt can separate and become grainy after thawing, affecting the creamy texture.
- **Reheating:** None needed! This ranch is best served chilled.
- **Food safety:** Refrigerate promptly after preparing. Do not leave at room temperature for more than 2 hours, or 1 hour if temperatures are above 90°F. Always use a clean spoon when serving to prevent contamination.

Leftover safety, the USDA way: Refrigerate within 2 hours · Enjoy within 3–4 days · Freeze for up to 3–4 months · Reheat to 165°F. USDA: Leftovers and Food Safety: fsis.usda.gov

Hack It Again

Cook once, eat twice

Turn the leftovers into tomorrow's lunch. Less waste, less money, less thinking.

- **Don't let a single spoonful of this ranch go to waste!**
- ****Ranch Chicken Wrap**
  ** Spread it inside a tortilla with leftover chicken, lettuce and crunchy vegetables.
- ****Creamy Ranch Potato Salad**
  ** Toss cooled boiled potatoes with ranch, chopped green onions and a little Dijon mustard.
- ****Ranch Chicken Salad**
  ** Mix shredded chicken with ranch, diced celery and a squeeze of lemon instead of using mayonnaise.
- ****Veggie Dip Cups**
  ** Portion leftover ranch into small containers with carrot sticks, cucumber and bell peppers for easy snacking.
- ****Burger Sauce**
  ** Spread it on burgers or sliders instead of traditional mayo-based sauces.
- **Calorie Hacker Tip**
  Keep leftover ranch refrigerated in an airtight container and use within 3–4 days. Stir before serving.

Real Food. Simple Swaps. Healthier Plates.

Rate this recipe and find more simple swaps at thecaloriehacker.com