



© Kana Okada

Reinvented Russian Dressing

CONTRIBUTED BY [BOBBY FLAY](#)

ACTIVE: 15 MIN

TOTAL TIME: 35 MIN

SERVINGS: MAKES 1 1/4 CUPS

HEALTHY

MAKE-AHEAD

VEGETARIAN

Bobby Flay's version of Russian dressing is tangier than the classic; made with nonfat [Greek](#) yogurt, it has just one-sixth the calories.

 [More Salad Dressing Recipes](#)

 [More Recipes by Bobby Flay](#)

4 sun-dried tomato halves

3/4 cup plain nonfat Greek yogurt

1 tablespoon extra-virgin olive oil

2 teaspoons red wine vinegar

1/2 teaspoon ancho chile powder

3 cornichons, finely chopped

2 tablespoons minced red onion

2 teaspoons minced tarragon

Kosher salt and freshly ground pepper

1. In a bowl, cover the sun-dried tomatoes with boiling water. Let stand until softened, 20 minutes. Drain the tomatoes, reserving 2 tablespoons of the soaking liquid.

2. In a food processor, puree the yogurt, sun-dried tomatoes and the reserved soaking liquid with the oil, vinegar and ancho chile powder. Scrape the dressing into a bowl. Stir in the cornichons, onion and tarragon and season with salt and pepper.

Notes

Two Tablespoons 25 cal, 1 gm fat, 0.2 gm sat fat, 2 gm carb, 0 gm fiber.

Serve on romaine lettuce, as a crudité dip or spread on fish before broiling.