

Tangy Goat Cheese Dressing

- Contributed by [Grace Parisi](#)
- *SERVINGS: MAKES ABOUT 1 CUP*

A little of a strongly flavored, rich-tasting ingredient, such as goat cheese or miso, balances the tart edge in a low-fat dressing.

Serve with arugula, Boston lettuce, watercress or pear slices; omit the scallion if serving with fruit.

- **SERVINGS: MAKES ABOUT 1 CUP**
Ingredients

- 1. 4 ounces soft goat cheese, at room temperature
 2. 2 teaspoons white wine vinegar
 3. 1 teaspoon Dijon mustard
 4. Pinch of superfine sugar
 5. 2 tablespoons low-fat (1.5%) buttermilk
 6. Salt and freshly ground white pepper
 7. 1 tablespoon minced scallion

Directions

1. In a small bowl, stir the goat cheese, vinegar, mustard and sugar until smooth. Stir in the buttermilk and 2 tablespoons of water until smooth; if necessary, stir in more water. Season with salt and white pepper. Stir in the scallion just before serving.

Make Ahead

The dressing can be refrigerated, covered, for up to 3 days.

Notes

One Tablespoon Calories 16 kcal, Protein 1 gm, Carbohydrate .3 gm, Cholesterol 4 mg, Total Fat 1.3 gm, Saturated Fat .9 gm.

Lemony Goat Cheese Dressing

Source: Fine Cooking - Issue No. 29

Active Time: 5
Minutes

Total Time: 35 Minutes **Yields** 3/4 cup (Serves 6)



[Remove Image](#)

I love this dressing with baby spinach or romaine lettuce and garlicky croutons.

INGREDIENTS

3 to 4 oz. soft fresh goat cheese

1/3 cup half and half; more as needed

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

1 teaspoon finely grated lemon zest

DIRECTIONS

In a small bowl, crumble the cheese and mash it with a fork until smooth. Add the half-and-half 1 tablespoon at a time, mixing and mashing the cheese with the fork. Stir in the salt, pepper, and lemon

zest. Cover and refrigerate for up to 30 min. Stir before serving and thin with more half-and-half if needed.

Serving Size = 2 tablespoons

Recipe reprinted by permission of *Fine Cooking Magazine*. All rights reserved.

Honey Goat Cheese Dressing

Gina's Weight Watcher Recipes

Servings: 15 \ **Serving Size:** 1 tbsp \ **Calories:** 46 \ **Points:** 1.25 ww points

Dressing:

- 4 oz fresh creamy goat cheese, room temperature
- 1 1/2 tbsp honey
- 2 tbsp extra-virgin olive oil
- 2 tsp apple cider vinegar
- 1/2 lemon, juiced
- 1 tbsp water
- Kosher salt and freshly ground black pepper

In a small blender, **combine** goat cheese, honey, olive oil, vinegar, lemon juice, water and season with salt and plenty of freshly ground black pepper. **Mix** until fully combined and creamy.

- 3 ounces fresh goat cheese, room temperature
- 1/4 cup milk
- 1 tablespoon white-wine vinegar
- Coarse salt and ground pepper

- 4 ounces fresh [goat cheese](#) (softened)
- 1/3 cup low-fat [buttermilk](#)
- zest of 1/2 [lemon](#)
- 1 tablespoon white [wine vinegar](#)
- 4 tablespoons [water](#)

Read more: <http://www.kitchendaily.com/recipe/roasted-beet-salad-with-goat-cheese-dressing-138764/#ixzz1V3sBy3VJ>