



Eat Right

Blue Cheese Dip and Fries

This is great as a snack, or you can have it with a burger at lunch or dinner.

Here's what you need:

- 1 cup of mayo
- 1 cup of crumbled blue cheese
- 1/2 cup of buttermilk
- 1 tablespoon lemon juice
- 1/2 teaspoon Worcestershire sauce
- 1/2 teaspoon kosher salt
- Freshly ground black pepper
- 1 bag of frozen fries



Here's what you do:

1. Mix the mayo, blue cheese, buttermilk, lemon juice, Worcestershire, and salt.
2. Stir until it's combined but still chunky
3. Add pepper, to taste
4. Put the dip in the fridge while you make the fries
5. Follow the directions on the back of the bag of fries

You're ready to eat!
