

Creamy Horseradish Sauce

Helen J Brown

The Pennsylvania State Grange Cookbook (1992)

Yield: 1 1/4 cups

1 tablespoon cornstarch

1 tablespoon cold water

1 cup hot beef broth

*1 jar (4 ounce) prepared
horseradish*

2 tablespoons sour cream

2 tablespoons low-fat yogurt

1/4 teaspoon sugar

In a saucepan, blend the cornstarch and water. Add the broth gradually. Cook until thickened and smooth, stirring constantly.

Add the horseradish, sour cream, yogurt and sugar. Cook just until heated through (Do not boil.)

Serve hot or cold.

Per Serving (excluding unknown items): 103 Calories; 6g Fat (52.7% calories from fat); 1g Protein; 11g Carbohydrate; 1g Dietary Fiber; 13mg Cholesterol; 64mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.