

Sauces

Spicy Lemon Sauce

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Tastes great on steak.

1/4 cup reduced-fat sour cream
3 tablespoons prepared horseradish
1 tablespoon canola mayonnaise
1 teaspoon Dijon mustard
1/2 teaspoon grated lemon rind
1 tablespoon fresh lemon juice
2 tablespoons fresh chives, chopped
1 tablespoon fresh parsley, chopped

In a bowl, combine sour cream, horseradish, mayonnaise, mustard, lemon rind and lemon juice; stir with a whisk.

Stir in chives and parsley.

Yield: 12 tablespoons

Per Serving (excluding unknown items): 33 Calories; 1g Fat (13.6% calories from fat); 1g Protein; 7g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 206mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates.