

Sauces

Blue Cheese Mayonnaise

Cooking Light Magazine

1/2 cup (2 oz) crumbled blue cheese

1/4 cup canola mayonnaise

1 teaspoon chopped fresh thyme

1/4 teaspoon hot pepper sauce

Combine the ingredients in a small bowl.

Mix well.

Per Serving (excluding unknown items): 239 Calories; 19g Fat (72.8% calories from fat); 14g Protein; 2g Carbohydrate; trace Dietary Fiber; 51mg Cholesterol; 973mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 2 1/2 Fat; 0 Other Carbohydrates.