

Cilantro-Lime Yogurt Sauce

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*1 jalapeno pepper, seeded and
chopped*

1 cup Greek yogurt

1/2 cup cilantro

12 tablespoons fresh lime juice

1/4 teaspoon ground cumin

1/4 teaspoon salt

In a blender, puree the jalapeno, yogurt, cilantro, lime juice, cumin and salt until very smooth.

Per Serving (excluding unknown items): 96 Calories; 1g Fat (7.2% calories from fat); 4g Protein; 25g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 566mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fruit; 0 Fat.