

Sauces

Horseradish-Chive Sauce

Cooking Light Magazine

Goes very well with beef.

5/8 cup light sour cream

2 tablespoons fresh chives, chopped

3 tablespoons prepared horseradish

1 teaspoon fresh lemon juice

1 teaspoon Dijon mustard

1/8 teaspoon Kosher salt

In a bowl, combine all ingredients; mix well.

Yield: 12 tablespoons

Per Serving (excluding unknown items): 77 Calories; 3g Fat (32.7% calories from fat); 4g Protein; 12g Carbohydrate; 2g Dietary Fiber; 11mg Cholesterol; 464mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.