

Onion-Mustard Sauce

Wanda Pawlikowski

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

Yield: 3 1/3 cups

*1 1/2 cups Dijon-style
mustard*

1 cup catsup

*1/2 cup mayonnaise or
salad dressing*

*1/2 cup green onions, finely
chopped*

1/4 cup water

In a bowl, combine the mustard, catsup, mayonnaise, green onions and water. Mix well.

Cover and chill for several hours.

(Use to baste bratwurst, lamb or beef.)

Per Serving (excluding unknown items): 535 Calories; 17g Fat (24.9% calories from fat); 21g Protein; 92g Carbohydrate; 14g Dietary Fiber; 0mg Cholesterol; 7363mg Sodium. Exchanges: 2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat; 6 Other Carbohydrates.