

Sauces

Wasabi Ranch Sauce

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3/4 cup ranch dressing

1/2 cup cucumber, grated

juice of 1/2 lemon

1 tablespoon Wasabi paste

salt (to taste)

In a bowl, combine the ranch dressing, cucumber, lemon juice and Wasabi paste. Season with salt. Mix well.

Per Serving (excluding unknown items): 7 Calories; trace Fat (7.8% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Vegetable.