

Seafood-Vegetable Sauce

Nancy Goldthwaite

Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

*1/4 cup green pepper,
minced
1/4 cup onion, minced
3/4 cup mayonnaise
1/3 cup ketchup
Tabasco (to taste)
Worcestershire sauce (to
taste)
1 cup Cool Whip*

In a bowl, mix the mayonnaise, ketchup,
Tabasco and Worcestershire sauce.

Add the peppers and onions.

Fold in the Cool Whip gently.

Chill.

Serve with fresh vegetables or seafood.

Per Serving (excluding unknown
items): 1290 Calories; 141g Fat
(91.0% calories from fat); 4g
Protein; 27g Carbohydrate; 2g
Dietary Fiber; 58mg Cholesterol;
1879mg Sodium. Exchanges: 1
Vegetable; 12 Fat; 1 1/2 Other
Carbohydrates.