

Spicy Dipping Sauce for Chicken

Dash Magazine - June 2011

1 cup plain yogurt
2 tablespoons dijon mustard
1 tablespoon honey
2 cloves garlic, minced
3 tablespoons white-wine vinegar

In a bowl, combine the yogurt, mustard, honey and garlic.

Blend in the vinegar.

Per Serving (excluding unknown items): 246 Calories; 9g Fat (32.7% calories from fat); 10g Protein; 33g Carbohydrate; 1g Dietary Fiber; 31mg Cholesterol; 491mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 1 Non-Fat Milk; 1 1/2 Fat; 2 Other Carbohydrates.