



Dill Sauce

Makes 4 Servings

Ingredients:

- 1/2 cup plain non-fat Greek yogurt
- 3 tablespoons chopped fresh dill or 2 teaspoons of dried dill
- 1 1/2 teaspoons Dijon mustard
- 1 tablespoon cooking oil
- 1 teaspoon wine vinegar
- 1/4 teaspoon of salt
- 1/8 teaspoon of pepper

Steps:

- In a small bowl, stir together the yogurt, dill, mustard, oil, vinegar, 1/4 teaspoon salt and 1/8 teaspoon pepper

Nutritional Facts (per serving): Calories: 51, Carbohydrates: 3 grams, Protein: 2 grams, Total Fat: 4 grams, Saturated Fat: 0.25 grams, Cholesterol: 0 mg, Sodium: 214 mg, Fiber: 0.5 grams, Total Sugars: 2 grams.