

Tartar Sauce

A Deliciously Simple Dip & Sauce, Made Healthy With Ingredient Swaps



Ok, as ALL OF YOU KNOW, from Connect... for the longest time, I have been a huge advocate for swapping out mayo in pretty much everything, for Greek yogurt... because I'm the Ebenezer Scrooge of points. I made my tartar sauce with Greek yogurt for months, but never really loved it. So... I bit the bullet and swapped a little of the Greek for some low fat mayo. I DO acknowledge now, that in very few (to me anyways) instances, there are some dips or dishes that you just haaaave to have a touch of mayo in. Tartar sauce is one of them. I've purposely tried to keep my recipe as 'lean' and low fat as possible though, to allow you wiggle room to customize it for your own tastes.

Ingredients:

- 1-1/2 cups fat free Greek yogurt
- 1 Tbsp PLUS 2 tsp light mayonnaise
- 1/4 cup dill pickle relish
- 1/4 cup onion, finely diced
- 1/2 to 1 tsp sweetener of choice, to taste. (stevia, splenda, truvia, monkfruit, swerve, etc.)
- 1 Tbsp fresh dill, finely chopped
- 1/4 to 1/2 tsp salt, to taste
- 1/4 tsp pepper
- 2 tsp lemon juice
- 2 tsp worcestershire sauce
- 2 to 3 tsp water, if needed, to thin sauce
- 1/4 tsp hot sauce (optional)

Serving Info.:

Yields: 2 cups
Servings: 8
Serving Size: 1/4 cup



Range

0-1

- last checked 12/06/21 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Directions:

- 1 Add all of the ingredients into a mixing bowl. Whisk until combined. Done.
- 2 Taste, season with additional salt and pepper, if desired. You can also add additional water, 1 tsp at a time, if you'd like to thin the sauce a little bit.

Notes:

- None of the grocery stores around me have Sugar Free sweet relish, which is why I made my tartar sauce with dill relish and sweetener. You lucky east coasters... with your snazzy Kroger stores. *grumbles*
- The flavor of this tartar sauce develops more as it rests in the fridge. However, don't be shy about adding more seasoning to it, if desired.
- I used 0 point sweetener instead of real sugar... because, well, it's my recipe... so pffft. Feel free to use real sugar if you'd like, but adjust the points.