



Creamy Horseradish Sauce

A Creamy, Zesty Sauce with More Kick Than A Mule

There's nothing quite like a good, creamy horseradish sauce. It's slightly spicy 'zing' cuts through fatty cuts of meat, while also managing not to completely overpower more mild proteins, such as chicken or fish. Where most recipes call for tons of full fat mayo or sour cream, I'm using fat free Greek as my cream-base. If you'd like to have a slightly spicier sauce, add a few dashes of your favorite hot sauce.

Ingredients:

- 1 cup plain fat free Greek yogurt
- 1/4 cup 'prepared' horseradish (see notes)
- 1 tsp light mayonnaise
- 1 Tbsp dijon mustard
- 1 tsp white wine vinegar OR lemon juice
- 1/2 tsp salt
- 1/4 tsp coarse ground pepper

Serving Info:

Yield: 1-1/4 cup
Servings: 5
Serving Size: 1/4 cup



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- last checked 11/15/22 -

Use your mobile device's 'Camera' App to look at this code for nutritional info.

Directions:

1. Add all of the ingredients into a bowl, whisk together till combined.
2. Let it rest, covered, for at least 2 hours, so the flavors can mellow.
3. Take a deep breath... and marvel in the fact I made a recipe with only 2 steps.

Notes:

- Scan the various jars of 'prepared horseradish' at the grocery store. Some have additives and are higher in points than others. Make sure to get a jar that's 0 points, period. 'Morehouse' brand prepared horseradish is 0 points for the entire jar.
- If you don't want to use white wine vinegar, lemon juice would also work well. If you can't eat lemons, go ahead and use regular distilled white vinegar. Honestly, it's only 1 tsp, it'll be fine.

