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### Yogurt Dill Sauce

Serve this easy sauce over fish or use it as a dip for raw veggies. It's also great as a dressing for sliced cucumbers.

**Serves 9** – 2 T per serving

1 c	fat-free or low-fat plain yogurt
2 T	snipped fresh dillweed or 2 t dried, crumbled
2 T	nonfat or light sour cream
1 t	Dijon mustard
1/2 t	sugar
1/2 t	fresh lemon juice
1/4 t	pepper

In a small bowl, whisk together all ingredients. Cover and refrigerate at least 1 hour before serving.

#### **Nutrient Facts** *Based on nine servings.*

Calories	21 calories
Protein	2 gm
Carbohydrate	3 gm
Cholesterol	1 mg
Total Fat	0 gm
Saturated Fat	0 gm
Polyunsaturated Fat	0 gm
Monounsaturated	0 gm
Fat	
Fiber	0 gm
Sodium	38 mg
Potassium	80 mg
Calcium	60 mg

*American Heart Association, Low-Salt Cookbook, 2d ed.,  
Clarkson Potter, NY, 2001.*