

HORSERADISH SAUCE

SOURCE: Weight Watchers New Complete Cookbook

INGREDIENTS:

1/2 C drained prepared horseradish
1/2 C plain nonfat yogurt
1/3 C nonfat sour cream
2 tsp whole-grain mustard
1 tsp sugar
1/2 tsp Worcestershire sauce
1/8 tsp freshly ground pepper
2 TBS chopped parsley

DIRECTIONS:

In medium bowl, whisk horseradish, yogurt, sour cream, mustard, sugar, Worcestershire sauce & pepper. Refrigerate, covered, till ready to use. Stir in parsley just before serving.

(per serving: 53 calories; 3g total fat; 2g saturated fat; 7mg cholesterol; 89 mg sodium, 4g total carbohydrates; 0g dietary fiber; 2g protein, 62mg calcium - WW points per serving: 1)