

## **LEMON DILL SAUCE**

**SOURCE:** Weight Watchers New Complete Cookbook

*Gives a Greek touch to chicken, fish & veal*

### **INGREDIENTS:**

3/4 C fresh lemon juice  
2 tsp cornstarch  
1/2 tsp sugar  
1/4 tsp dried thyme leaves  
1/4 tsp salt  
4 tsp snipped dill  
1 TBS chopped parsley  
1/4 tsp grated lemon zest

### **DIRECTIONS:**

In medium non-reactive saucepan, whisk lemon juice & cornstarch. Add 1/3 C water, sugar, thyme & salt; bring to boil. Boil, stirring constantly for 2 minutes. Remove from heat - stir in dill, margarine, parsley & lemon zest.

(per serving: 23 calories; 2g total fat; 0g saturated fat; 0mg cholesterol; 73 mg sodium, 2g total carbohydrates; 0g dietary fiber; 0g protein, 3mg calcium - WW points per serving: 1)