



FIXATE TARTAR SAUCE


SERVES: 24 (1 Tbsp. each) **Prep Time: 10 min.** **Cooking Time: None**

CONTAINER EQUIVALENTS (per serving): Free


- 1½ cups** reduced-fat (2%) plain Greek yogurt
- ¼ cup** coarsely chopped dill pickle (approx. 1 small)
- 1 Tbsp.** whole-grain mustard
- 1 Tbsp.** coarsely chopped chives
- 1 dash** ground black pepper
- ¼ tsp.** sea salt (or Himalaya n salt)
- 2 Tbsp.** fresh lemon juice
- 1 tsp.** finely grated lemon peel (lemon zest)
- 1 Tbsp.** capers, in brine, drained
- 1 Tbsp.** fresh dill weed

- 1.** Place yogurt, pickle, mustard, chives, pepper, salt, lemon juice, lemon peel, capers, and dill in food processor; process until smooth.

RECIPE NOTES:

- 1 Tbsp. is a Free Food. If you eat 6 Tbsp., they would be counted as  ½.
- This is great as a sauce on cooked veggies.

NUTRITIONAL INFORMATION (per serving): **Calories: 12** **Total Fat: 0 g** **Saturated Fat: 0 g** **Cholesterol: 1 mg** **Sodium: 66 mg** **Carbohydrates: 1 g** **Fiber: 0 g** **Sugars: 1 g** **Protein: 1 g**

Recipes containing the  icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the  icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.