

# BEYOND HUNGER

## Homemade Tartar Sauce

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*Homemade tartar sauce is easy to make with ingredients commonly found at home. Using low-fat yogurt and mayo cuts saturated fat and calories. Pair this tartar sauce with any seafood.*

**Yields:** 1 ¼ cups

**Serving Size:** 1 Tablespoon

### Ingredients:

- ½ cup light mayonnaise (Duke's or Hellman's brand)
- ¼ cup plain low-fat Greek yogurt
- ¼ dill relish
- 1 Tbsp Dijon mustard
- 1 Tbsp lemon juice
- ½ tsp dried dill

### Instructions:

1. Combine all ingredients in a small bowl. Using a fork, whisk together until the sauce is thoroughly combined.
2. Refrigerate until ready to serve.

**Per Serving:** Calories 21kcal, Carbohydrates 2g, Protein.3 g, Saturated Fat .2g, Sodium 103mg, Fiber 0g, Sugars .3g

Recipe adapted from BudgetBytes.com