




## CREAMY DILL SAUCE

Makes 4 servings; 1 tablespoon per serving

Nutrients Per Serving:

40 Calories | 4g Fat (1g Saturated) | 0g Carbohydrates | 0g Added Sugar | 0g Protein | 30 mg Sodium | 0g Fiber

### Equipment Needed

 <p>Measuring spoons and cups</p>	 <p>Rubber spatula</p>	 <p>Medium sized bowl</p>		
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### Ingredients Needed

*\*Brand names that may be used in this recipe are not intended to endorse brands. Use any brand of your choice.\**

 <p>1 tablespoon dried dill weed</p>	 <p>1/4 cup light mayonnaise</p>	 <p>1/4 cup light sour cream</p>	 <p>2 teaspoon lemon juice</p>	 <p>Pepper to taste</p>
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### Directions

(Tbsp = tablespoon, tsp = teaspoon)

<p>1</p>  <p>Wash hands.</p>	<p>2</p>  <p>In a small bowl mix 1 Tbsp dried dill weed 1/4 cup light mayonnaise 1/4 cup light sour cream 1 tsp lemon juice, and pepper to taste</p>	<p>3</p>  <p>Serve dill sauce with salmon patties (see salmon patty recipe). Refrigerate leftovers immediately.</p>	
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