

Tartar Sauce

Ingredients

- 1 cup plain low-fat Greek yogurt
- 3 tbsp capers, drained and roughly chopped
- 3 tbsp dill pickles (gherkins), drained and chopped
- 1 small shallot, finely chopped
- ½ tbsp lemon juice
- 3 tbsp fresh parsley, chopped
- ¼ tsp salt
- Freshly ground black pepper to taste

Instructions

1. Add the low-fat Greek yogurt to a bowl together with the chopped capers, gherkins, shallot, lemon juice, salt and pepper.
2. Mix well to combine and adjust seasoning to taste.
3. Serve immediately, or place the tartar sauce in the fridge until you're ready to serve.



Serves: 8

Prep Time: 5 minutes

Cook Time: 0 minutes

Nutrition Information: 1 serving

22 calories: .5 gm fat, 2 gm carb, .3 gm fiber, 1 gm sugar, 3 gm protein



Call, click, or scan for more recipes, upcoming events, and to register.
<https://www.cancersupportohio.org/programs-and-services/cooking-and-nutrition/>
 614-884-HOPE (4673)