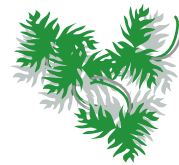
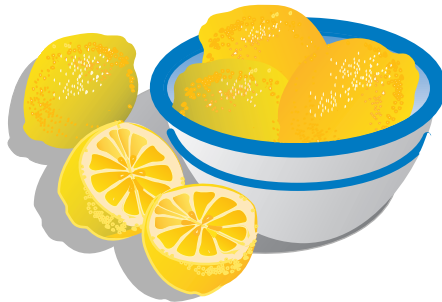


# Lite Tartar Sauce

## Ingredients:

- 1/4 cup low calorie or light salad dressing
- 1 to 2 teaspoons sweet pickle relish
- Sprinkle of onion or garlic powder
- 1/4 teaspoon dried parsley or cilantro
- 1 teaspoon lemon juice-bottled or fresh
- 1/4 teaspoon salad mustard



Amount Per Serving	
<b>Calories 80</b>	<b>Calories from Fat 50</b>
% Daily Values*	
Total Fat 5g	8%
Saturated Fat 1g	4%
Cholesterol 5mg	2%
Sodium 230mg	9%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Sugars 1g	
<b>Protein 1g</b>	
Vitamin A 2%	Vitamin C 2%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Preparation:

1. Measure out all of the ingredients and mix together.
2. Refrigerate in a glass or plastic jar with lid.

Makes 4 tablespoons (2 servings)