



Dijonaise Sauce

This versatile sauce is served with several of our dishes including Chicken Cordon Bleu and Thyme, Lemon and Honey Roasted Salmon. Try it on wilted greens, steamed broccoli, asparagus or green beans, or as a sandwich spread or dressing for seafood and poultry salads. Delicious with pork! Store in plastic or glass in the refrigerator for up to two weeks.

INGREDIENTS:

½ cup	Hellmann's Light Mayonnaise
½ cup	plain fat free yogurt
¾ cup	Dijon mustard
1 tsp	Dried dill weed (use 1 to 2 Tbsp fresh dill)
½ tsp	micro-zested lemon skin (use a microplane style grater)
1 cup	Chicken stock (or clear vegetable broth)
(¼ cup half and half + ¼ cup skim milk) optional	

PREPARATION:

- Combine all ingredients in a small stainless pot and whisk until smooth
- Gently warm over low heat
- If sauce is too thick, thin with half and half and skim milk
- Do not boil!

Number of servings:	12
Serving Size:	¼ cup
Calories:	42
Fat Grams:	1.5

