

Creamy Horseradish Sauce*

Servings: 8

Prep/Cook Time: 6 minutes

Ingredients:

- ½ cup horseradish, drained
- ½ cup plain, fat-free yogurt
- ⅓ cup fat-free sour cream
- 2 tsp. mustard, whole-grained variety
- ½ tsp. Worcestershire sauce
- ⅛ tsp. black pepper
- 2 tbsp. fresh parsley, chopped



Spicy & Tart

Directions:

Combine the horseradish, yogurt, sour cream, mustard, Worcestershire sauce, and pepper in a medium bowl. Stir in the parsley just before serving. Serve at once or cover and refrigerate for up to 2 days.

**This recipe comes from WW. SmartPoints: 3 on Green, 2 on Blue, 2 on Purple*

Harvest of the Month

horseradish