



## **Creamy Horseradish Dip**

Serving Size: 2 tablespoons

Yield: Makes 1 cup

### **Ingredients:**

1/2 cup reduced-fat mayonnaise

1/4 cup evaporated skim milk

1 Tbsp. prepared mustard

2 Tbsps. prepared horseradish

1/2 tsp. lemon juice

1/2 tsp. Worcestershire sauce

1/4 tsp. salt

1/8 tsp. white pepper



### **Directions:**

1. In a small bowl combine all the ingredients.
2. Serve as an appetizer on crackers or as a vegetable dip.

Nutrition Facts (per 2 tablespoons): Calories: 60, Total fat: 5 g, Sodium, 240 mg. Total carbohydrate, 3 g, Fiber 0 g

Source: University of Illinois Extension

