

## Creamy Seafood Sauce

¼ cup fat-free mayonnaise  
¼ cup nonfat sour cream  
¼ cup reduced calorie catsup  
1 ½ tablespoons finely chopped green onions  
2 tablespoons prepared horseradish  
1 teaspoon chopped fresh parsley  
1 ½ teaspoons lemon juice

Combine all ingredients in a small bowl, stirring well. Cover and chill at least 3 hours.

Yield: 12 one Tablespoon servings

Calories	10	Carbohydrate	0 g
Fat	<1 g	Sodium	42 mg
		Protein	1 g