
Tartar Sauce made with Cottage Cheese

My own concoction, but based on several internet ones.

Internet address:



1/3 cup cottage cheese

1 tablespoon mayonnaise

1 1/2 teaspoons fresh lemon juice

1/4 teaspoon freshly ground black pepper

1/2 teaspoon Dijon mustard

2 teaspoons sweet pickle relish

1 tablespoon capers

1 teaspoon chives, minced

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 2

1. In a small food processor combine the cottage cheese, mayo, lemon juice, pepper and mustard. Whiz until you can no longer see any cottage cheese curds, and it's smooth.
2. Scrape out into a bowl and stir in the pickle relish, chives and capers. Taste for seasonings. Chill for 30 minutes or more to blend the flavors. Will keep for several days.

Per Serving (excluding unknown items): 93 Calories; 7g Fat (62.1% calories from fat); 5g Protein; 4g Carbohydrate; trace Dietary Fiber; 6mg Cholesterol; 288mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.