

## Tartar Sauce



**Totals per ¼ CUP of Tangy:**

Calories 48    Fat 0    Fiber 0    Carbs 8

**Totals per ¼ CUP of Sweet:**

Calories 58    Fat 0    Fiber 0    Carbs 12

(If you are using this as a sandwich spread and only use a tablespoon, then divide the totals by 4.)

***What you'll need:***

*If you like your tartar sauce tangy*

- 1 Cup fat free mayonnaise
- 3 Tablespoons dill pickle juice
- 1 tsp Kosher salt
- 1 tsp Worcestershire sauce
- 1 Tablespoon horseradish sauce

*If you like your tartar sauce sweet*

- 3 Tablespoon sweet pickle relish is substituted for the dill pickle juice.

***Let's get to cooking!***

- 1. In a bowl mix your mayonnaise, dill pickle juice (or sweet pickle relish), Kosher salt, Worcestershire sauce and horseradish.
- 2. Chill overnight if possible and enjoy!

**NOTE:** Wonderful as a dip for fried catfish but also makes a great sandwich spread instead of regular mayo.

Neil Stallings and his love of all things seafood related, created this  
**Kitty's Lighter Weigh** recipe.