



HOMEMADE TARTAR SAUCE

By Dr. Cindy Tanzar
(Standard)

Homemade tartar sauce is easy to make and better than anything you can buy at a store. It's great with grilled, baked or pan-fried fish, and adds a lot of flavor to our [Wild Salmon Patties](#) or Tuna Cakes recipe on our Facebook clients' page. Sauces always take food to the next level, making it more appealing and special. It's one more reason to love healthy fat! Dill pickles are used, because there is no added sugar – unlike sweet pickle relish. There are two recipe options, depending on your tastes and what you have in the pantry.

Recipe #1 makes 14-15 servings. Recipe #2 makes 4-5 servings. A serving equals 2 Tbsp (recipe #1) or 3 Tbsp (recipe #2) and covers your fat for one meal.



INGREDIENTS (Recipe #1)

- 1 cup Genesis Healthy, Hellmann's organic mayo or Primal Kitchen mayo
- 1/2 cup organic dill pickle relish or minced dill pickles
- 1 Tbsp minced fresh dill (optional, but good)
- 2 tsp fresh lemon juice
- 1 tsp onion powder or 1/2 cup finely-chopped fresh onion



INSTRUCTIONS

Add all ingredients to a small mixing bowl and stir well to combine. Cover and refrigerate for 30 minutes or more. (Flavors develop even more when made ahead of time.) Will keep for 7-10 days in the refrigerator.

INGREDIENTS (Recipe #2)

1/2 cup Genesis Healthy Mayonnaise, Hellmann's organic mayo or Primal Kitchen mayo
3 Tbsp finely-chopped dill pickles or organic dill pickle relish
1 Tbsp fresh lemon juice
1 Tbsp minced fresh dill
1/2-1 tsp Coconut Aminos
Dash of hot sauce (like Franks)
1/2 tsp Dijon mustard
1 Tbsp capers, chopped (optional)

INSTRUCTIONS

Add all ingredients into a small mixing bowl and stir well to combine.

Taste and adjust with additional lemon juice to your liking. Will keep for 7-10 days in the refrigerator.

NOTE

You can double or half either recipe for more or less tartar sauce.