



# MUSTARD DILL SAUCE

By Dr. Cindy Tanzar  
(Standard/Maintenance)

Simple is wonderful. Much thanks to Cathy Blanks for submitting this easy recipe that can be used in so many ways. Sauces always seem to elevate any everyday dish, and this one is no exception. Use it as a topping on a hamburger or turkey burger, on steak, grilled chicken, salmon, or even as a dressing for a salad. Cathy likes it on tuna cakes (Wild-Caught Salmon Patties would be great, too) or Applegate Farms Hotdogs, as well.

Makes 2-3 servings. One serving is 2-2.5 Tbsp and covers your fat for one meal.



## INGREDIENTS

3 Tbsp GHS or Primal Kitchen Mayo  
2 Tbsp Dijon mustard  
2 tsp. fresh lemon juice (taste and add more, if desired)  
2 tsp. fresh dill (or ½ tsp dried), or to taste  
Stevia drops to taste, if needed



## INSTRUCTIONS

Mix all ingredients together, blending until smooth. Keep refrigerated.

NOTE: Dried dill tastes much stronger than fresh. You can always add as much as you like – just start out with less, taste and add more. Do the same with the lemon juice, depending on how acidic you like it.