

Honey Mustard Sauce



This light and creamy sauce has it all: sweet and tangy with a little kick. Making your own from pantry and fridge staples allows you to control the added sugar in your condiments!

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|------------------------------------|----------------------------------|-----------------------------------|
| YIELD 12 SERVINGS | PREP TIME 5 MIN | TOTAL TIME 5 MIN |
|------------------------------------|----------------------------------|-----------------------------------|

INGREDIENTS

| | |
|--------|------------------------------|
| ½ cup | Greek Yogurt, plain, low-fat |
| ¼ cup | Sour Cream, reduced-fat |
| ¼ cup | Creole Mustard |
| 2 Tbsp | Honey |
| 1 Tbsp | Apple Cider Vinegar |
| ¼ tsp | Black Pepper, ground |

CHEF'S NOTES

You can use Dijon mustard in place of the Creole mustard in this recipe. Creole mustard is coarser than smooth Dijon and has a different flavor profile thanks to the inclusion of Creole spices like paprika, garlic powder, onion powder, thyme, basil, and oregano. Creole mustard is also a little spicier – feel free to adjust the amount of mustard to suit your tastes!

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. In a small bowl, combine all ingredients. Stir until thoroughly combined. Refrigerate until ready to serve. Store leftovers in an air-tight container for one week.

Nutrition Facts

8 servings per container

Serving size 2 Tbsp (36g)

Amount Per Serving

Calories 40

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol <5mg 1%

Sodium 90mg 4%

Total Carbohydrate 5g 2%

Dietary Fiber 0g 0%

Total Sugars 5g

Includes 4g Added Sugars 8%

Protein 2g 4%

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0mg 0%

Potassium 40mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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