

Dijon-Mayonnaise Sauce

- 1 Tbsp margarine or butter
- 1 cup mayonnaise (fat free or low fat)
- 1 tsp Dijon mustard
- 1 tsp bottled sweet-and-hot sauce (such as Tiger Sauce)
- 1 Tbsp honey
- 1/3 to 1/2 cup apple juice

1. Melt margarine in small saucepan over medium-low heat.
2. Reduce heat to low or turn off entirely. Add mayonnaise; using a small wire whisk, blend well with melted margarine (about 30 seconds).
3. Separately add mustard, hot sauce, and honey to the mayonnaise base, blending each well before adding the next ingredient.
4. Add enough apple juice for the desired consistency, stirring with whisk as you pour.
5. Return heat to medium-low and heat mixture through, stirring gently.

Makes approximately 1 cup sauce

Serving suggestion: Try with catfish, tilapia, salmon, fish cakes.