
Mock Hollandaise

Servings: 10

Recipe From: Lean Star Cuisine

True Hollandaise may be one of the world's great sauces, but it is tricky to make, harder to keep, and comprised almost entirely of egg yolks and butter, so we will spend little time apologizing for this delightful imitation which is shamefully easy to construct, keeps for a week, is fat free, and tastes great. Use it warm or cold, as a sauce or a dip.

3/4 cup mayonnaise, imitation, fat free

1/2 cup milk, 1% lowfat

dash white pepper

dash cayenne pepper

1 1/2 teaspoons lemon zest

2 tablespoons lemon juice

1/4 teaspoon yellow food coloring

combine first four ingredients in a small saucepan.

Cook for three minutes over low heat, stirring constantly.

Stir in remaining ingredients and serve immediately.

Yield: 1 1/4 cups

Serving Ideas: Serve over steamed vegetables, grilled fish or eggs.

Per Serving (excluding unknown items): 23 Calories; 1g Fat (39.0% calories from fat); 1g Protein; 3g Carbohydrate; trace Dietary Fiber; 8mg Cholesterol; 97mg Sodium. Exchanges: 0 Fruit; 0 Non-Fat Milk; 0 Fat; 0 Other Carbohydrates.