



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Creamy Lemon Dill Sauce

Ingredients:

1 cup plain Greek yogurt
2 TBSP fresh dill (finely chopped)
1 TBSP fresh lemon juice
1 TBSP olive oil
Zest from 1 lemon



Directions:

1. In a medium bowl, stir together ingredients. Add 1 TBSP milk at a time, as desired, for thinner consistency.
2. Serve atop salmon or chicken.

Nutrition Tips:

1. Try adding a nutritious twist to a dip/dressing recipe that calls for mayo or sour cream by substituting at least half of it with plain Greek yogurt.
2. Greek yogurt differs from traditional plain yogurt in that it is strained several more times, eliminating excess water content and increasing the concentration of protein per serving.
3. This recipe uses citrus and fresh dill to give it a light and herbal taste. However, the fresh dill can easily be substituted with dried dill if preferred.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.