

**Bluelady's Recipes**  
**Lemon Dill Mayonnaise**

**Ingredients:**

½ cup low fat mayonnaise

1 tsp lemon juice

½ tsp dried, crushed basil

½ tsp dried, crushed dill

**Procedure:**

Put everything in a bowl and stir until combined.

“Meals that Heal” Prevention Healthy Cooking by Anne Egan & Regine  
Ragone, M.S., R.D.