

Blue Cheese Dipping Sauce

pictured on page 189

This traditional companion for spicy Buffalo-style chicken wings also complements cut-up vegetables.

PREP 10 minutes

MAKES about 2 cups

1 container (8 ounces) reduced-fat sour cream (about $\frac{3}{4}$ cup)

4 ounces blue cheese, crumbled (1 cup)

$\frac{3}{4}$ cup reduced-fat mayonnaise

2 tablespoons chopped fresh chives

2 tablespoons cider vinegar

1 teaspoon Worcestershire sauce

$\frac{1}{4}$ teaspoon salt

In small bowl, with wire whisk, mix all ingredients until well combined. If not serving right away, cover and refrigerate up to 3 days.

■ Each tablespoon: About 40 calories, 1 g protein, 1 g carbohydrate, 4 g total fat (1 g saturated), 0 g fiber, 5 mg cholesterol, 110 mg sodium.