

THOUSAND ISLAND DRESSING

INGREDIENTS

1 cup mayonnaise	1 shallot, chopped
1 cup sour cream	4 tbsp mild chili sauce
1/2 red pepper, chopped	1 tsp tabasco
1/4 cup dill pickles, chopped	sea salt and pepper

PROCEDURE

Mix all ingredients thoroughly in a bowl. Let sit in the refrigerator for at least 15 minutes to let flavors develop.

Skip or reduce the tabasco if your using a hot chili sauce. You can also use sugar-free ketchup or tomato paste if you want a milder sauce.