

Guilt-Free Béarnaise

(Makes 8 servings)

What would beef tenderloin be without Béarnaise? Enjoy a generous portion of this, adding only a few calories to your meal.

Ingredients:

- 2 tablespoons white wine vinegar
- 4 tablespoons dry white wine
- 2 tablespoons finely chopped shallots
- 2 tablespoons finely chopped fresh tarragon
- ½ cup nonfat sour cream

Directions:

- 1) Mix vinegar, wine, shallots, and tarragon in small saucepan; bring to gentle boil.
- 2) Simmer until mixture is reduced in half, about 10 to 15 minutes.
- 3) Whisk in sour cream until smooth.

Nutritional Analysis: (per serving)

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|----------------------|------------------------|
| ▪ Calories: 29 | ▪ Carbohydrates: 4.2 g |
| ▪ Fat: 0.06 g | ▪ Fiber: 0.5 g |
| ▪ Saturated Fat: 0 g | ▪ Sodium: 10 mg |
| ▪ Protein: 1.3 g | |

Source:

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