

## Curry Yogurt Sauce

### INGREDIENTS:

- 1 cup plain non-fat yogurt
- 1 tablespoon Madras curry powder
- 1 tablespoon fresh squeezed lime juice
- 1 tablespoon fresh grated ginger
- 2 tablespoons fresh cilantro, minced
- 1/2 teaspoon Kosher salt
- 2 to 3 drops chipotle Tabasco

### PROCEDURE:

- Combine all ingredients in a small bowl and whisk together.
- Refrigerate for a few hours.
- Use as a dip for vegetables or as a marinade for poultry or fish.

