

Sauce Recipes

Sauces are a great way to keep proteins moist and veggies palatable. Most of these sauces can be prepared ahead of time and frozen in ice cube trays and then popped out and defrosted as needed. These recipes are from www.livingafterwls.com with commentary from a fellow pateint. Enjoy !

Basic Stir-Fry Sauce

<p>1 1/2 cups low sodium chicken broth 1/4 cup oyster sauce 3 tbl Cornstarch</p>	<p>Combine on medium-high heat, stirring constantly until thickened. Mix into sauce steamed vegetables, mushrooms, etc., and serve over a bed of basmati rice! Tofu is also very good with this sauce. You will want to make this when you use it. Cornstarch thins if you freeze it. 3 Tablespoon Cornstarch makes quite a thick sauce - amount can very depending on your particular taste in thickness.</p>
<p>Entire recipe provides: 258 Calories; trace Fat (0.1% calories from fat); 3g Protein; 59g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 208mg Sodium.</p>	

Basil Salsa

<p>2 large tomatoes -- seeded and diced 1 large cucumber -- peeled, seeded and diced 2 Tbsp green onion -- chopped 1/2 cup fresh basil -- chopped 1 lemon -- zested 2 Tbsp fresh lemon juice 1 Tbsp olive oil 1 tsp garlic -- minced 1/4 tsp black pepper</p>	<p>In medium bowl combine tomato, cucumber, green onion, basil, lemon zest, lemon juice, oil, garlic and black pepper.</p> <p>Cover and allow to stand 1 hour. Great frozen. Just be sure to chop everything really fine if you are going to put it in ice cube trays. Serving Ideas: Can be used as a salsa, marinade or glaze.</p>
<p>Per Serving (excluding unknown items): 41 Calories; 3g Fat (47.4% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 6mg Sodium.</p>	

Dijon Wasabi Sauce

<p>1 1/2 tablespoons wasabi powder</p>	<p>Combine all ingredients in a small</p>
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<p>2 tablespoons mayonnaise, light 2 tablespoons sour cream, light 3 tablespoons Dijon mustard 2 teaspoons tabasco sauce 1 green onion -- white and part of green, finely minced Salt and pepper to taste</p>	<p>bowl. Season with salt and pepper to taste, cover and refrigerate for at least 2 hours before serving.</p>
<p>Per 2 Tablespoon Serving: 20 Calories; 1g Fat (62.7% calories from fat); trace Saturated Fat; 1g Protein; 1g Carbohydrate; trace Dietary Fiber; 2mg Cholesterol; 97mg Sodium.</p>	

Easy Roasted Pepper Sauce

<p>1 cup roasted red peppers -- drained and chopped 1 tablespoon extra virgin olive oil 2 cloves garlic -- chopped 1/4 teaspoon crushed red pepper</p>	<p>Puree all ingredients in processor until smooth. Season to taste with salt and pepper. Can be made 1 day ahead and refrigerated. Bring to room temperature before using. Another one that freezes great and this is really good on steamed, broiled or grilled fish or seafood.</p>
<p>Per 1 tablespoon serving: 13 Calories; 1g Fat (76.1% calories from fat); trace Saturated Fat; trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Grain (Starch); 0 Vegetable; 0 Fat.</p>	

Horseradish Sauce

<p>1/4 cup yogurt, skim milk 2 tablespoons mayonnaise, light 2 tablespoons green onion -- chopped 1 1/2 teaspoons horseradish 1 teaspoon parsley -- snipped</p>	<p>Stir together yogurt, mayonnaise dressing or salad dressing, green onion, horseradish, and snipped parsley. Makes 1/2 cup (eight 1-tablespoon servings). Prepare sauce; cover and chill up to 2 days. Another rendition of this sauce can be made by substituting low fat or fat free sour cream instead of mayonnaise and yogurt.</p>
<p>Per Serving: 9 Calories, Trace Fat, 1g Protein, 1g Carbohydrate, 1g Fiber, 1mg Cholesterol, 39mg Sodium</p>	

Mushroom Sauce

<p>7 oz mushrooms -- sliced 1 Tbsp water 1/4 cup flour 1 tsp freshly ground black pepper 2 Tbsp butter 1 1/2 cup milk, skim</p>	<p>Place mushrooms in a saucepan with margarine and water. Cover and simmer until soft, about 7-10 minutes. Remove from heat and cool slightly. Stir in flour and pepper to form a smooth paste. Slowly start to add the milk, return to heat and continue to add the milk while stirring. Cook until smooth and thick. This one freezes really well. Be sure to chop the mushrooms small enough to get them in the ice cube trays.</p>
<p>Per Serving (excluding unknown items): 83 Calories; 4g Fat (43.6% calories from fat); 3g Protein; 9g Carbohydrate; 1g Dietary Fiber; 11mg Cholesterol; 72mg Sodium.</p>	

Pear Sauce

<p>6 cup pears -- cored and cubed (any variety) 1/2 cup water 2 Tbsp Splenda 1 tsp lemon juice 1 dash nutmeg</p>	<p>Combine all ingredients in a saucepan; bring to a boil. Cook over medium heat 10 to 15 minutes or until pears are tender. Puree in blender or food processor. This freezes well and surprisingly is good on pork or poultry.</p>
<p>Per Serving (excluding unknown items): 74 Calories; 1g Fat (5.6% calories from fat); trace Protein; 19g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; trace Sodium.</p>	

Rachero Sauce

<p>2 teaspoons vegetable oil 1/2 cup onion -- chopped 1/2 cup green bell pepper -- chopped 1 jalapeño pepper -- chopped 1 clove garlic -- chopped 1 1/2 teaspoons ground cumin 1/4 teaspoon cayenne pepper 2 cups low sodium chicken broth 8 ounces tomato sauce 1/4 cup fresh cilantro -- chopped</p>	<p>Place oil in heavy large nonstick skillet over medium heat. Add next 6 ingredients and sauté until vegetables are soft, about 5 minutes. Add broth and tomato sauce and cook until sauce thickens and reduces to 1 1/2 cups, stirring frequently, about 20 minutes. Mix in cilantro. Another freezer contender, this sauce is great on beef.</p>
<p>Per 1 Tablespoon: 12 Calories; 1g Fat (32.0% calories from fat); trace Saturated</p>	

Fat; 1g Protein; 1g Carbohydrate; trace Dietary Fiber; 1mg Cholesterol; 104mg Sodium.

Slow Simmered Tomato Sauce

1 tablespoon olive oil
1 medium onion -- finely chopped
6 cloves garlic -- minced
1 teaspoon dried oregano
3/4 teaspoon dried basil
3/4 teaspoon dried marjoram
3/4 teaspoon crushed red pepper
28 ounces tomatoes -- one large can
1 cup crushed tomatoes

Heat oil in heavy large saucepan over medium heat. Add onion, garlic, oregano, basil, marjoram and crushed red pepper. Cover and cook until onion is translucent, stirring occasionally, about 10 minutes. Add remaining ingredients; simmer gently, uncovered, until sauce thickens and measures 8 cups total, breaking up tomatoes with spoon and stirring occasionally, about 1 hour 15 minutes. Season sauce to taste with salt and pepper and any additional seasonings. Cool slightly. Cover and refrigerate. This is a wonderful Italian 'gravy' base that you can freeze and then add what you want to it when you thaw it for a meat or veggie sauce. Can be prepared 2 days in advance. Protein, mushrooms and bell peppers may be added to enhance this basis sauce.

Per 1/2 cup serving: 50 Calories; 1g Fat (18.9% calories from fat); trace Saturated Fat; 1g Protein; 9g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 283mg Sodium.

Two-Coat Sauce

2 yellow bell pepper
2 cups fresh corn -- cut from 2 ears
1/2 cup water
dill
fresh-cracked black pepper

Purée one yellow pepper, kernels of one ear of white corn and water for seven to 10 seconds in a food processor (stick to this ratio if you need more sauce). Strain the mixture into a saucepan. Bring to a boil, then reduce heat to a simmer. Simmer for around three to five minutes or until the texture is smooth. Season with dill and pepper. Serve over steak or poultry. Sounds crazy but this is a great sauce and is really good on fish and seafood too.

	Freezes beautifully.
Per Serving (excluding unknown items): 331 Calories; 4g Fat (9.7% calories from fat); 12g Protein; 74g Carbohydrate; 11g Dietary Fiber; 0mg Cholesterol; 55mg Sodium.	