

Let Your Sauce Take Center Stage

A great sauce was once the measure of a chef. You could win a roomful of applause for a perfect hollandaise. But fortunately for home cooks, the tedious art of sauce making has undergone a transformation. Not only are today's sauces lighter and simpler, but the palette of ingredients has broadened considerably to include pestos, salsas, flavored oils, dipping sauces, and chutneys. The trio of simple sauces that follows has the versatility to accompany a myriad of different foods. And best of all, they are full of intense flavor—but virtually fat-free.

By Robyn Webb, MS, LN

Ruby red and boasting a wealth of vitamins A and C, **roasted red pepper sauce** is perfect over a filet of salmon or grilled shrimp. Or try it as an alternative to pasta sauce.

RECIPE: PAGE 56

Making your own **dried apple and apricot chutney** is simple, and this savory jam is ideal with roast turkey or game hens.

RECIPE: PAGE 59





No-cook **spiced yogurt sauce** is perfect
over grilled meats or even as a vegetable dip.
For a special holiday look, top the sauce with
a scattering of pomegranate seeds.

RECIPE: PAGE 56

RECIPES

Roasted Red Pepper Sauce



13 SERVINGS

Serving size: about 2 Tbsp.
Preparation time: 20 minutes
Cooking time: 5 minutes

- 2 tsp. olive oil
- ½ cup minced Vidalia or other sweet onion
- 1 tsp. sugar
- 1 (12-oz.) jar roasted red peppers, drained
- 1½ Tbsp. tomato paste
- 1 cup fat-free, reduced-sodium chicken broth
- 1¼ tsp. balsamic vinegar
- 2 Tbsp. minced fresh basil
- Salt and pepper to taste

1. Heat the oil in a medium skillet over medium-high heat. Add the onion and sauté for 4 minutes. Add the sugar and sauté for another 1 to 2 minutes until onions begin to brown.
2. Transfer the contents of the skillet to a blender or food processor. Add in the remaining ingredients except the basil.

Blend until smooth. Transfer the mixture into a saucepan. Add the basil and cook over medium heat for 2 minutes. Season with salt and pepper.

Nutrition Facts

Serving size: 2 Tbsp.
Exchanges: Free Food

Amount Per Serving

Calories: 15
Calories From Fat: 10
Total Fat: 1 gram
Saturated Fat: 0.1 grams
Cholesterol: 0 milligrams
Sodium: 70 milligrams
(without added salt)
Total Carbohydrate: 2 grams
Dietary Fiber: 0 grams
Sugars: 1 gram
Protein: 1 gram

Spiced Yogurt Sauce



8 SERVINGS

Serving size: 2 Tbsp.
Preparation time: 10 minutes

- 1 cup plain nonfat yogurt (preferably Greek-style)
- ¼ cup minced shallot
- 1 tsp. peeled grated fresh ginger
- ¼ tsp. cardamom
- Pinch cayenne pepper
- 2 Tbsp. minced cilantro
- 2 Tbsp. minced parsley
- Salt and pepper to taste

Garnish

Pomegranate seeds

1. In a serving bowl, combine the yogurt, shallot, ginger, cardamom, and cayenne. Fold in the cilantro and parsley. Season with salt and pepper. Top with pomegranate seeds. (Note: Cayenne, salt, pepper, and pomegranate seeds are not included in nutritional analysis.)

Nutrition Facts

Serving size: 2 Tbsp.
Exchanges: Free Food

Amount Per Serving

Calories: 20
Calories From Fat: 0
Total Fat: 0 grams
Saturated Fat: 0 grams
Cholesterol: 0 milligrams
Sodium: 15 milligrams
(without added salt)
Total Carbohydrate: 2 grams
Dietary Fiber: 0 grams
Sugars: 1 gram
Protein: 3 grams

RECIPES

Dried Apple and Apricot Chutney



16 SERVINGS

Serving size: 2 Tbsp.

Preparation time: 15 minutes

Cooking time: 25 minutes

- ½ cup water
- ¼ cup red wine vinegar
- ¼ cup Splenda for baking
- ¼ cup finely minced onion
- 2 tsp. ground ginger
- ½ tsp. red pepper flakes
- 10 dried apple rings,
cut into small pieces
- 10 dried apricots,
cut into small pieces

1. In a saucepan, combine all the ingredients except the dried fruit. Bring to a boil, lower the heat, and simmer on medium low for 5 minutes. Add the dried fruits and continue to cook for about 20 minutes until most of the liquid is gone. If, after the initial cooking time, the dried fruit is not tender enough, add some more water and continue to cook until you get the desired texture. Taste and add additional seasoning if necessary. Serve warm or at room temperature.

Nutrition Facts

Serving size: 2 Tbsp.

Fruit exchanges: 0.5

Amount Per Serving

Calories: 35

Calories From Fat: 0

Total Fat: 0 grams

Saturated Fat: 0 grams

Cholesterol: 0 milligrams

Sodium: 0 milligrams

Total Carbohydrate: 9 grams

Dietary Fiber: 1 gram

Sugars: 7 grams

Protein: 0 grams

reminder: carbohydrates and you

- Be aware that many “sugar-free” products contain carbohydrates that can increase your blood glucose (blood sugar) levels.
- Always note the amount of carbohydrate listed on food labels.
- “Free” foods (foods that have little or no effect on your blood glucose levels) are defined as those having fewer than 20 calories or 5 grams of carbohydrate per serving. But don’t be misled: If you eat multiple servings of a “free” food, the calories and carbohydrates can still mount up and must be counted in your food plan.

All Forecast recipes do not necessarily fit into every individualized diabetes food plan. Your own food plan, as well as advice from your physician or registered dietitian, should always supersede a recipe from this or any other publication.