

Asian Sauce

Ingredients

- 1/8 tsp vegetable oil
- 1/4 tsp garlic, minced
- 1/2 tsp ginger root, minced
- 1/8 tsp crushed red pepper
- 7 tsp soy sauce, low sodium
- 1/4 tsp honey
- 1 tsp lime juice
- 1 tsp vinegar
- 1/2 tsp cornstarch
- 1 tsp water



Directions

1. Heat vegetable oil over medium heat until hot.
2. Add minced garlic, minced ginger, and crushed red pepper. Cook and stir about 1 minute. Be careful not to let garlic burn.
3. Stir in soy sauce, honey, lime juice, and vinegar.
4. Combine cornstarch with water to make a slurry the color of heavy cream. Whisk in slurry to simmering sauce, stirring constantly until sauce thickens. Remove from heat and reserve for use.

Notes

Number of Portions: 4

Serving Size: 1 oz

Nutrition Facts: 9 calories, 0.24 g fat, 0.01 g saturated fat, 282 mg sodium, 1.41 g carbohydrate, 0.19 g fiber, 0.5 g sugar, 0.50 g protein