



Sauces, Dips and Dressings: Lower fat versions to use with vegetables, fruits, salads, breads and pastas

With the help of sauces, dips and dressings, simple vegetables, fruits, breads and pastas can be turned into fabulous appetizers, snacks and main dishes. They are like jewelry that adds the finishing touches to an outfit. They are the accompaniments that add to the appeal of your meal.

Homemade sauces, dips and dressings can be easily and quickly created using ingredients you choose to match your tastes. Ingredients can be low in fat, rich in flavor, and a good source of nutrients.

The following are 2 examples of lower fat sauces:

TARTAR SAUCE

1 (6-ounce) container lowfat vanilla yogurt
1/4 teaspoon pepper
1/4 cup chopped dill pickles OR pickle relish
1 teaspoon minced pickled capers

Blend all ingredients well. Best if chilled 12 hours. Serve and enjoy with seafood, vegetables or salad, or in place of mayonnaise as a sandwich spread.

PINA COLADA SAUCE

3 (6-ounce) containers lowfat vanilla yogurt
1 (12-ounce) can frozen 100% pineapple juice concentrate
Coconut extract flavoring to taste

Combine ingredients in a blender or food processor. Chill and serve with sliced fruit or vegetable crudités.

Go to the following website to find a worksheet and more recipe examples:

www.ctahr.hawaii.edu/NEW/resources/saucesdipsdressings.pdf. Use the worksheet categories as guides for choosing your ingredients. Different combinations and measured amounts will result in unique flavors to suit individual tastes. Enjoy!

Visit our Nutrition Education for Wellness (NEW) website at www.ctahr.hawaii.edu/NEW