
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 add the finishing touches to an outfit; they are the accessories that add to the appeal of your meal.

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

Inside, you'll find a worksheet and several recipe examples. Use the worksheet categories as a guide for choosing your ingredients. Different combinations and measurement amounts will provide unique flavors to suite your individual tastes.



Worksheet: Sauces, Dips, Dressings

Instructions: Use the categories listed below as a guide to choose ingredients for your recipes.

| Favorite Ingredients | Combinations | Measurements |
|---|---|------------------------------|
| <u>Example for Piña Colada Sauce:</u> Frozen juice concentrate Lowfat cottage cheese/yogurt Flavor extract | Pineapple juice Lowfat cottage cheese Coconut | 12 oz. 16 oz. to taste |

| Favorite Ingredients | Combinations | Measurements |
|--------------------------------------|--------------|--------------|
| Frozen Juice Concentrates | | |
| Mashed Beans | | |
| Lowfat Cottage Cheese or Yogurt | | |
| Cooked or Canned Fish/Chicken/Turkey | | |
| Cooked Cereals | | |
| Flavor Extracts | | |
| Fresh Herbs | | |
| Vegetables/Fruits | | |
| Pickles | | |
| Seeds | | |
| Spices | | |
| Fresh Citrus Juices and Zests | | |
| Vinegars | | |
| OTHER INGREDIENTS | | |

Ranch Style Dip (approximately 2 cups)

Ingredients:

2-4 tablespoons water OR nonfat milk OR lowfat milk
1 (16-ounce) container lowfat cottage cheese
1 ounce package Ranch-style dressing mix

Directions:

1. In a blender, PLACE water OR milk, cottage cheese, and Ranch-style dressing mix and BLEND at medium to high speed.
2. For thinner consistency ADD more water or milk.
3. POUR mixture into a medium jar, CHILL until ready to serve.

Variations:

Instead of Ranch-style dressing mix, use:

1/2 teaspoon onion powder OR
2 tablespoons round onion
1/2 teaspoon pepper
1-2 teaspoons dill weed
1/2 teaspoon garlic powder

Serve with favorite "dippers" (potato rounds, cherry tomatoes, cabbage, lettuce leaves, broccoli, cauliflower, cucumber, carrots, bell peppers, zucchini strips, etc.)

Ranch dip may be used as a topping for potatoes, as a salad dressing, or as a dressing base for sandwiches, etc.

Ginger-Citrus Dressing (approximately 1 cup)

Ingredients:

1/4 cup grated ginger root
2-4 tablespoons fresh lemon OR lime juice with zest
1 cup rice vinegar
1/4 cup honey*, optional



Directions:

1. In a small bowl, MIX ingredients well. CHILL.

*Honey should not be consumed by persons under 2 years of age.



Unfried Beans (approximately 2 cups)

Ingredients:

2 cups cooked beans (pinto, kidney, red, etc.)
1/2 teaspoon cumin
1 tablespoon vinegar (more or less to taste)
2 tablespoons finely minced onion
1 teaspoon chili powder (more or less to taste)
1/2 teaspoon pepper

Directions:

1. RINSE and DRAIN beans.
2. In a medium bowl, MASH beans.
3. ADD cumin, vinegar, onion, chili powder, and pepper.
4. MIX well.

Variations:

Finely minced cilantro (Chinese parsley), chopped tomatoes, crushed garlic, chopped green chilis, or diced green peppers may also be used. Serve as a lowfat substitute for "refried beans," as a dip, or sandwich spread.

Tartar Sauce

(approximately 1 1/2 cups)

Ingredients:

1 teaspoon pickled capers
1 (8-ounce) container lowfat vanilla yogurt
1/4 cup pickle relish
1/4 teaspoon pepper

Directions:

1. CHOP capers.
2. In a small bowl, MIX capers, yogurt, pickle relish, and pepper.
3. COVER and REFRIGERATE until ready to SERVE.

Variations:

Use with seafood, vegetables, or in place of mayonnaise in sandwich spreads. To make Thousand Island dressing, add ketchup to sauce and eliminate capers.

Salsa
(approximately 4 cups)

Ingredients:

- 1/2 - 3/4 pounds tomatoes or 1 (28-ounce) can whole tomatoes
- 1/2 small round onion
- 2 tablespoons Chinese parsley
- 1 piece chili pepper
- 1 teaspoon lemon or lime juice

Directions:

1. Finely CHOP tomatoes, onions, and parsley.
2. MINCE chili pepper.
3. In a medium bowl, COMBINE tomatoes, onion, chili pepper, lemon or lime juice, and Chinese parsley.
4. COVER and REFRIGERATE until ready to use.

Variations:

Canned stewed tomatoes may be used instead of whole tomatoes.

Salsa may be used as a dressing or dip.



Vegetable Namul
(approximately 2 cups)

Ingredients:

- 1 clove garlic
- 1 medium carrot
- 1 bunch watercress
- 1 1/2 cups boiling water
- 1 teaspoon sesame oil
- 1/4 teaspoon sugar
- 3 tablespoons soy sauce
- Optional: 1/8 teaspoon cayenne pepper
OR red pepper
- 1 teaspoon sesame seed

Directions:

1. MINCE garlic.
2. GRATE carrots.
3. WASH watercress, REMOVE undesirable leaves and tough stems, and CUT into 1 inch lengths.
4. PLACE watercress in 1 1/2 cups boiling water for 3 minutes.
5. DRAIN thoroughly.
6. In a large bowl, ADD garlic, sesame oil, sugar, and soy sauce. MIX well.
7. ADD watercress and carrots.
8. CHILL until ready to serve.
9. Optional: ADD cayenne pepper or finely chopped pepper and sesame seeds.

Variations:

In place of watercress, use 1 package bean sprouts, 1 package chop suey mix, or cabbage.

Thousand Island Dressing
(approximately 1 1/2 cups dressing)

Ingredients:

- 1 carton (8-ounce) low-fat vanilla yogurt
- 1/4 cup ketchup
- 1/4 cup pickle relish
- 1/4 teaspoon pepper

Directions:

1. In a small bowl, MIX yogurt, ketchup, pickle relish, and pepper.
2. CHILL for 1-2 hours before serving.

Variations:

Use as a dressing or dip for vegetables and salads in place of mayonnaise.

Pina Colada Sauce
(approximately 3 cups)



Ingredients:

- 16 ounces lowfat vanilla yogurt
- 12 ounces frozen pineapple juice concentrate
- Coconut extract flavoring to taste

Directions:

1. In a small bowl, MIX ingredients well.
2. CHILL and SERVE with sliced fruit OR vegetable bits.