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 appeal to 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 can provide a variety of nutrients.

Inside, you will 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 suit your individual taste.
**Worksheet: Sauces, Dips, Dressings**

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

<table>
<thead>
<tr>
<th>Favorite Ingredients</th>
<th>Combinations</th>
<th>Measurements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Example for Piña Colada Sauce:</strong></td>
<td></td>
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<tr>
<td>Frozen juice concentrate</td>
<td>Pineapple juice</td>
<td>12 oz.</td>
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<tr>
<td>Lowfat cottage cheese/yogurt</td>
<td>Lowfat cottage cheese</td>
<td>16 oz.</td>
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<tr>
<td>Flavor extract</td>
<td>Coconut</td>
<td>to taste</td>
</tr>
</tbody>
</table>

**Favorite Ingredients**

<table>
<thead>
<tr>
<th>Favorite Ingredients</th>
<th>Combinations</th>
<th>Measurements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frozen Juice Concentrates</td>
<td></td>
<td></td>
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<tr>
<td>Mashed Beans</td>
<td></td>
<td></td>
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<tr>
<td>Lowfat Cottage Cheese or Yogurt</td>
<td></td>
<td></td>
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<tr>
<td>Cooked or Canned Fish/Chicken/Turkey</td>
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<tr>
<td>Cooked Cereals</td>
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<td></td>
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<tr>
<td>Flavor Extracts</td>
<td></td>
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<tr>
<td>Fresh Herbs</td>
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<tr>
<td>Vegetables/Fruits</td>
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<td>Pickles</td>
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<tr>
<td>Seeds</td>
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<td></td>
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<tr>
<td>Spices</td>
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<td></td>
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<tr>
<td>Fresh Citrus Juices and Zests</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vinegars</td>
<td></td>
<td></td>
</tr>
<tr>
<td>OTHER INGREDIENTS</td>
<td></td>
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</tbody>
</table>
### Ginger-Citrus Dressing

**Yield:** approximately 1 cup

**Ingredients:**
- ¼ cup grated ginger root
- 2-4 tablespoons fresh lemon OR lime juice with zest*
- 1 cup rice vinegar
- Optional: ¼ cup honey**

**Directions:**
1. In a small bowl, MIX ingredients well.
2. COVER and REFRIGERATE until ready to SERVE.

*Zest is the thin outer peel of a citrus fruit.
**Honey should not be consumed by persons under 2 years of age.

### Tartar Sauce

**Yield:** approximately 1 cup

**Ingredients:**
- 1 teaspoon pickled capers
- 1 (6-ounce) container lowfat or fat free vanilla yogurt
- ¼ cup pickle relish
- ¼ 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, replace capers with ¼ cup ketchup.
**Salsa**

**Yield:** about 1 cup

**Ingredients:**
- ½ - 3/4 pound tomatoes or 1 (28-ounce) can whole tomatoes
- ½ small round onion
- 2 tablespoons Chinese parsley
- 1 piece chili pepper
- 1 teaspoon lemon or lime juice

**Directions:**
1. DICE tomatoes, onions, and parsley.
2. MINCE chili pepper.
3. In a medium bowl, COMBINE tomatoes, onion, Chinese parsley, chili pepper and lemon or lime juice.
4. COVER and REFRIGERATE until ready to SERVE.

**Variations:**
Canned stewed tomatoes may be used instead of whole tomatoes.
Salsa may be used as a dressing or dip.

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**Vegetable Namul**

**Number of servings:** 4

**Ingredients:**
- 1 clove garlic
- 1 medium carrot
- 1 bunch watercress
- 1 ½ cups water
- 1 teaspoon sesame oil
- 1/4 teaspoon sugar
- 3 tablespoons less sodium soy sauce

Optional: 1/8 teaspoon cayenne pepper 
OR red pepper
1 teaspoon sesame seed

**Directions:**
1. MINCE garlic.
2. GRATE carrot.
3. RINSE watercress well. REMOVE undesirable leaves and tough stems, and CUT into 1 inch lengths.
4. BOIL 1 ½ cups of water.
5. PLACE watercress in boiling water for 3 minutes.
6. DRAIN thoroughly.
7. In a large bowl, ADD garlic, sesame oil, sugar, and soy sauce. MIX well.
8. ADD carrot and watercress. MIX well.
9. Optional: ADD cayenne pepper or finely chopped red pepper, and sesame seeds.
10. COVER and REFRIGERATE until ready to SERVE.

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

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**Thousand Island Dressing**

**Yield:** about 1 cup

**Ingredients:**
- 1 (6-ounce) container lowfat or fat free vanilla yogurt
- ¼ cup ketchup
- ¼ cup pickle relish
- ⅛ teaspoon pepper

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

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**Pina Colada Sauce**

**Yield:** about 3 ½ cups

**Ingredients:**
- 3 (6-ounce) containers lowfat or fat free vanilla yogurt
- 1 (12-fluid ounce) can frozen pineapple juice concentrate
- Coconut extract flavoring to taste

**Directions:**
1. In a small bowl, MIX ingredients well.
2. COVER and REFRIGERATE. SERVE with sliced fruit OR vegetable sticks.