

Easy Peanut (or Sunflower Seed) Sauce/Dressing (no-oil)

INGREDIENTS

½ cup (120 milliliters) unsalted, natural creamy peanut butter (or sunflower seed butter if avoiding peanuts)

1½ tablespoons (22.5 milliliters) low-sodium soy sauce or tamari

2 tablespoons (30 milliliters) packed brown sugar (or date paste)

Juice of ½ lime, or more to taste

1 teaspoon (5 milliliters) chili garlic sauce (can substitute 1/8 teaspoon ground cayenne pepper plus 1 clove minced garlic)

½ teaspoon (2.5 milliliters) freshly grated ginger, optional

4 to 6 tablespoons (60 to 90 milliliters) hot water, or more as needed to thin to desired consistency

¼ cup (60 milliliters) finely chopped cilantro, optional

¼ cup (60 milliliters) finely chopped scallions, optional



INSTRUCTIONS

1. Whisk together peanut (or sunflower seed) butter, soy sauce, brown sugar, lime juice, chili garlic sauce, and ginger; thin with hot water to a bit thinner than desired consistency. This will thicken as it sits. Adjust seasoning to taste with more lime juice, chili garlic sauce, or soy sauce, if needed. You can either stir cilantro and scallions into the sauce or set aside and use them for garnish on the dish you're serving the sauce/dressing with. This fits in a 1-cup (240-milliliter) jar without the cilantro and scallions; use a slightly larger jar if stirring these in. Refrigerate. Use within 7 days.

NOTES

- Cold water will make the sauce chunky; hot water is important for a smooth sauce.

Nutritional Info (per 2 tablespoon [30 milliliter] serving): Calories 105, Total Fat 11.5 g, Saturated Fat 7.2 g, Cholesterol 0 mg, Sodium 98 mg, Total Carbohydrate 4.1 g, Dietary Fiber 0 g, Sugars 2.8 g, Protein 0.5 g, Calcium 1%, Potassium 3%, Vitamin A 11%

► To view the video for this recipe, and all electronic resources associated with the Culinary Medicine Curriculum, please see <https://bit.ly/culinarymededucation>.