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NUTRITION SEGMENT OCTOBER 1, 2007: GET SASSY WITH YOUR SAUCES

School is now in full swing and you may feel like you've exhausted your dinner ideas. Sometimes all you wish for is the right sauce to turn any dinner into a winner. Finding a healthy, tasty sauce is hard because the base for most sauces is fat, usually in the form of oil, butter, cream, cheese, mayonnaise or even peanut butter. Help control the amount of fat in your sauce by using the math idea below.

REMINDERS ABOUT SAUCES:

- **FAT FACTS:** 1 Tablespoon of fat in the form of oil, butter or mayonnaise contains at least 100 calories and nearly 15 g fat. 1 teaspoon of fat contains about 5 g fat. Aim to keep individual servings from sauces to 1-2 teaspoons fat per person or around 5-10 g fat.
- **FAT MATH:** 1 Tablespoon fat is equal to 3 teaspoons fat.
- **FAT DIVIDED AMONG FAMILY OR FRIENDS:** To keep the fat to 1-2 teaspoons per individual, divide the amount of people you are serving by 3 and use that many tablespoons of fat in your dish. For example if you have a family of 6, keep your added fat to 2 T total in your dish.

VERSATILE, QUICK SAUCE RECIPES:

The three tasty sauces below use mainly healthy oils as the base. Use them to toss over whole wheat pasta, brown rice, potatoes, vegetables, salad greens or cooked meat or fish. Each makes about 1 cup. Review the nutrition information and aim for 5-10 g fat per person you serve.

PARMESAN LIME: Combine 1/2 c lime juice, 1/4 c olive oil, 1/4 c parmesan cheese, 1 T Dijon mustard, 2 t favorite herb and dash of salt and pepper. *Nutrition information for full recipe that makes 1 cup: 643 calories, 13 g carbohydrates, 11 g protein, 62 g fat.*

TERIYAKI-ORANGE: Combine 2/3 c low sodium teriyaki sauce, 1/3 c orange juice, 1 T sesame oil, dash cayenne and sesame seeds. *Nutrition information for full recipe that makes 1 cup: 415 calories, 42 g carbohydrates, 14 g protein, 22 g fat.*

SPICY PEANUT: Warm 1/2 c creamy peanut butter and 1/2 c skim milk. Blend with fork. Add 3 T low sodium soy sauce, 3 T lime juice and 1/4 t curry and cayenne. Mix. *Nutrition information for full recipe that makes 1 cup: 843 calories, 42 g carbohydrates, 39 g protein, 64 g fat.*

Sauce recipes from Quick to Fix, Nutrition Education Services/Oregon Dairy Council. 1995.

For more questions, contact Stacy Beeson @ 381-2403 or beesons@slrmc.org.

