

Asian BBQ Sauce

Makes about 3 cups

This sweet, spiced sauce is excellent paired with mushrooms, in a stir-fry, or as a glaze for grilled vegetables. You'll see it in a number of recipes in this book, including Roasted Mushroom Tacos (page 245) and Sweet Potato BBQ Pizza (page 238).

1 cup diced onion
1 cup canned no-added-sodium crushed tomatoes
½ cup apple cider vinegar
3 tablespoons low-sodium tamari or soy sauce
¼ cup no-added-sodium tomato paste
¼ cup date paste (see page 56)

2 tablespoons minced fresh ginger
2 garlic cloves
¾ teaspoon freshly ground black pepper
½ teaspoon smoked paprika
½ teaspoon ground cinnamon
1 bay leaf
½ serrano chile, minced (optional)

Heat a medium saucepan over medium-high heat. When hot, add the onion and dry sauté, stirring often, until it begins to stick to the pan and lightly brown, 3 to 4 minutes. Add the remaining ingredients, reduce the heat to medium-low, and bring to a slow simmer. Cook for 10 minutes, until reduced in volume and slightly thickened.

Remove from the heat and remove the bay leaf. Carefully transfer the sauce to a high-speed blender or food processor and blend until smooth. Use immediately as a stir-fry sauce or dipping sauce, or refrigerate in an airtight container for up to 1 week.

Sweet BBQ Sauce: For a more traditional sweet-and-spicy BBQ sauce, omit the ginger and cinnamon.

Per serving (¼ cup): 39 calories, 0 g total fat, 0 g saturated fat, 0 mg cholesterol, 162 mg sodium, 9 g total carbohydrate (1 g dietary fiber, 5 g sugar, 0 g added sugars), 1 g protein, 1 mg iron