

## **SNAPPY SEAFOOD BAR-B-Q SAUCE**

Source: Seafood - A Collection of Heart-Healthy Recipes (J. Harsila & E. Hansen)

### **INGREDIENTS:**

1/4 C onion, finely chopped  
2 garlic cloves, minced  
1 TBS polyunsaturated oil  
1 8 oz can tomato sauce  
1/2 C unsweetened applesauce  
1 TBS cider vinegar  
1/8 tsp ground red pepper (cayenne)

### **DIRECTIONS:**

In saucepan, sauté onion & garlic in oil till tender - add remaining ingredients & simmer 15 minutes.

*Use sauce over fish, oysters, etc. It may be frozen.*

Makes 8 2 1/2 TBS servings

[per serving: 30 calories; 1.8 g fat; 170 mg sodium; 0 mg cholesterol]