

PEANUT SAUCE

SOURCE: Weight Watchers New Complete Cookbook

A lighter variation on Indonesian satay sauce - wonderful dip for grilled foods: thread strips of pork or vegetable chunks on skewers (marinate briefly in soy sauce, perhaps) & grill.

INGREDIENTS:

5 TBS creamy peanut butter
2 garlic cloves
2 TBS soy sauce
4 tsp sugar
1 TBS water
1 1/4 tsp rice-wine vinegar
1 TBS chopped fresh cilantro (or 1/2 tsp dried)

DIRECTIONS:

In mini food processor or blender, combine peanut butter & garlic - purée. Add remaining ingredients & process till combined.

(per serving: 44 calories; 3g total fat; 1g saturated fat; 0mg cholesterol; 283 mg sodium, 4g total carbohydrates; 0g dietary fiber; 2g protein, 5mg calcium - WW points per serving: 1)