

TERIYAKI MARINADE

SOURCE: Weight Watchers New Complete Cookbook

INGREDIENTS:

1/4 C reduced-sodium soy sauce
3 TBS light corn syrup
1 TBS packed dark brown sugar
1 garlic clove, crushed
1/2 tsp ground ginger

DIRECTIONS:

In small jar with tight-fitting lid, combine all ingredients - cover & shake well. To use, transfer to seal-able plastic bag or non-reactive dish.

Makes 6 servings

(per serving: 48 calories; 0g total fat; 0g saturated fat; 0mg cholesterol; 417mg sodium, 12g total carbohydrates; 0g dietary fiber; 1g protein, 11mg calcium - WW points per serving: 1)