

ZESTY COCKTAIL SAUCE

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

INGREDIENTS:

1 8 oz can tomato sauce
2 TBS chili sauce
1/4 tsp garlic powder
Dash oregano
1/4 tsp liquid hot pepper sauce
1/4 tsp thyme
1/8 tsp sugar
Dash basil

DIRECTIONS:

Combine all ingredients in small saucepan - simmer 10-12 minutes, stirring occasionally. Serve hot or cold. (Excellent as cocktail sauce for shrimp or crab; use also as sauce for poached white-fleshed fish)

Makes about 1 C sauce

[per TBS: 8 calories; 0 g fat; 110 mg sodium; 0 g cholesterol]