



Spicy Peanut Sauce

Makes 2/3 cup

Lower fat version of the favorite Thai sauce. Enjoy on baked or grilled chicken, fish or as a dip for vegetables.

- ¼ cup creamy natural peanut butter (room temperature)
- 1/4 cup lite coconut milk
- 2 Tablespoons lime juice
- 1 Tablespoon reduced sodium soy sauce
- 2 teaspoons brown sugar
- ¼ - ½ teaspoon crushed red pepper

- Put all ingredients in a medium bowl. Whisk together until very smooth.

Recipe adapted from *Healthy in a Hurry* by Eating Well

Nutritional Information (per tablespoon):

Calories: 50

Fat: 4g

Saturated fat: 1g

Carbohydrates: 0g

Fiber: 0g

Protein: 2g