Master these three sauces—which evoke the cuisines of China (ginger-scallion), Thailand (peanut), and Spain (roasted red pepper)—and you will have added a score of new recipes to your repertoire. That’s because each sauce can transform sautéed, grilled, or steamed seafood, chicken, tofu, or vegetables into a distinctive...and delicious...dish. Bon Voyage!

Got a question or suggestion? Write to Kate at healthycook@cspinet.org.

BY KATE SHERWOOD

SAUCY BITS

Ginger-Scallion Sauce

Yield: ¼ cup (12 Tbs.) | Total Time: 15 minutes

¼ cup minced ginger
3 scallions, white and pale-green parts only, minced
3 Tbs. canola oil
1 cup cilantro
1 Tbs. lime juice
¼ cup mint, optional
¼ cup water
½ tsp. kosher salt

A little of this pungent sauce (think Asian pesto) goes a long way. Try it on chicken, seafood, or tofu, or mixed into brown rice or another whole grain. We spread some over sautéed tofu cubes on lettuce leaves topped with carrot and cucumber.

Put the ginger and scallions in a heatproof bowl. • In a small pan, heat the oil until very hot. Pour over the ginger and scallions, then allow to cool. • Purée the ginger, scallions, oil, and all the other ingredients except the salt in a blender or food processor until smooth. • Season with up to ½ tsp. of salt.

Per tablespoon: Calories: 35 | Sodium: 80 mg | Total Fat: 3.5 g
Sat Fat: 0 g | Carbs: 1 g | Protein: 0 g | Fiber: 0 g

Peanut Sauce

Yield: 1 cup (16 Tbs.) | Total Time: 15 minutes

¼ cup thinly sliced red onion
2 cloves garlic, sliced
1 Tbs. canola oil
1 Tbs. grated fresh ginger
1 tsp. chili powder or ground cumin
2 Tbs. reduced-sodium soy sauce
¼ cup roasted unsalted peanuts
1 Tbs. brown sugar
¼ cup water

This rich, flavorful sauce is typically served with grilled kebabs. We spooned some over grilled chicken on lettuce leaves topped with red cabbage and cucumber. You can use cashews instead of peanuts.

In a small pan over medium-low heat, sauté the onion and garlic in the oil until browned, about 5 minutes, then allow to cool. • Combine with the other ingredients in a blender or food processor and pulse until well combined into a sauce.

Per tablespoon: Calories: 35 | Sodium: 75 mg | Total Fat: 2.5 g
Sat Fat: 0 g | Carbs: 1 g | Protein: 0 g | Fiber: 0 g

Roasted Red Pepper & Almond Sauce

Yield: 1 cup (16 Tbs.) | Total Time: 15 minutes

2 Tbs. tomato paste
3 cloves garlic
¼ cup slivered almonds
2 Tbs. extra-virgin olive oil
2 jarred roasted red peppers
½ tsp. kosher salt

This easy, versatile sauce is savory and slightly tart-sweet from the jarred roasted peppers. It’s great with chicken, seafood, grains, or vegetables. We dabbed some on steamed shrimp with grilled onions and asparagus.

In a small pan over medium-low heat, sauté the tomato paste, garlic, and almonds in the oil, stirring often, until the tomato paste starts to darken, about 3 minutes. Remove from the heat and allow to cool. • Purée the sautéed ingredients with the roasted red peppers in a blender or food processor until smooth. • Season with up to ½ tsp. of salt.

Per tablespoon: Calories: 35 | Sodium: 75 mg | Total Fat: 3 g
Sat Fat: 0 g | Carbs: 2 g | Protein: 1 g | Fiber: 1 g

Photos: Jorge Bach/CSPI.