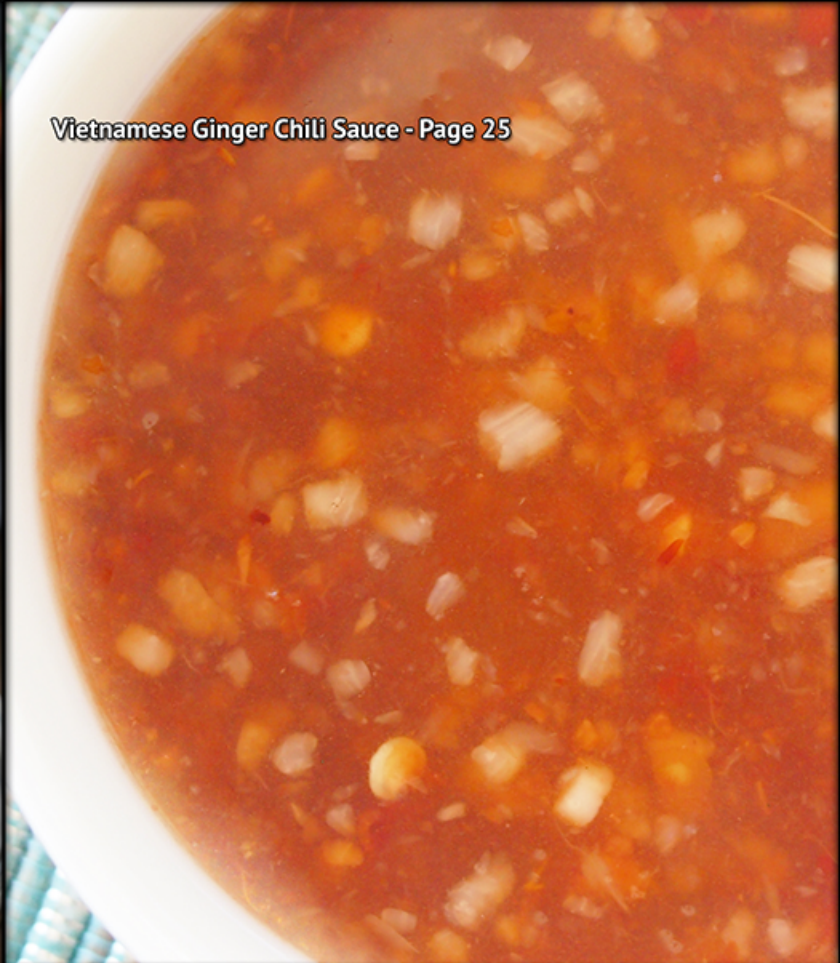


Soy Glaze & Dipping Sauce - Page 23



Vietnamese Ginger Chili Sauce - Page 25



Thai Sweet Chili Sauce - Page 25



Sweet & Sour Sauce - Page 23

Thai Peanut Sauce - Page 24



Katsu Sauce - Page 22
on crispy baked Chicken Torikatsu - pg. 132-133



CONDIMENTS & DIPS

A small collection of Asian inspired, low calorie, low fat dips and condiments. These recipes are perfect for use with dim sum, appetizers, or even to be used as sauces.

You can also use these condiments as sauces for entrees and cooked meats.

Note: Some of these make a small 1/4 cup batch. Those are meant to be served in a small dish, where everyone shares it for dipping.

Cambodian Pepper Lime Dip	Pg. 22
'Duck' Sauce	Pg. 22
Hoisin Dipping Sauce	Pg. 22
Katsu Sauce	Pg. 22
Korean Bibimbap Sauce	Pg. 23
Orange Ginger Glaze & Dip	Pg. 23
Soy Glaze & Dipping Sauce	Pg. 23
Sweet & Sour Sauce	Pg. 23
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Thai Sweet Chili Sauce	Pg. 25
Vietnamese Dipping Sauce	Pg. 25
Vietnamese Ginger Chili Sauce	Pg. 25
Yum Yum Sauce	Pg. 25

Reminder, all of these dips have a LOT of sodium, so be mindful of it, if you're on a sodium restrictive diet. Drink lots and lots of water to help flush out the sodium and don't be in shock if you experience a weight gain after eating high sodium food. Water retention is real.

Also, a few of the dips in the coming pages are small yield recipes, which make only around 1/4 to 1/2 cup of sauce. You know how when you order potstickers or dumplings at a Chinese restaurant they give you a small bowl with some dipping sauce, for the entire tray? Same thing. Those are communal dips, meant for everyone. My entire 1/2 cup may have 1 or 2 points, but if you are only dipping dumplings in them and have less than a couple Tablespoons, you should be good to count your serving as 0.

CAMBODIAN PEPPER LIME DIP

This very simple dip makes just enough to fill a small condiment dish, which you'd normally see served with dim sum or meat, for dipping. It has a very acidic and bright pop of lime, with the umami of soy sauce and fish sauce. Then, it gets kicked up with red pepper flakes.

Serving Info.:

Yield: 1/4 cup

Serving Size: n/a

Servings: *It's a communal dip*



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- last checked 12/16/22 -

Ingredients:

- 3 Tbsp lime juice
- Zest of 1 lime, minced
- 2 tsp reduced sodium soy sauce
- 1 Tbsp water
- 1/2 tsp coarse ground black pepper
- 1/4 tsp salt
- 1 tsp fish sauce
- 1/8 tsp crushed red pepper flakes

Directions:

- 1 Mix all ingredients together until well combined.
- 2 Marvel at the fact I finally posted something that only really has one step. It's a Christmas miracle!

'DUCK' SAUCE

This sweet, fruity and tart sauce is traditionally used to compliment rich or fatty appetizers and entrees, like fried egg rolls or cooked pork. It's essentially a tangy plum sauce. The color of your finished sauce will depend on how ripe your plums are.

Serving Info.:

Yield: 1-1/4 cup

Serving Size: 1/4 cup

Servings: 5



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- last checked 12/16/22 -

Ingredients:

- 3 medium plums, halved, with skin and pit removed
- 1 Tbsp water
- 1 Tbsp 0 point sweetener o' choice (I used lakanto monkfruit)
- 1/4 cup unsweetened applesauce
- 4-1/2 Tbsp sugar free apricot preserves
- 2 tsp reduced sodium soy sauce
- 1 tsp rice vinegar
- 1/8 tsp salt
- 1-1/2 tsp cornstarch, dissolved in 1 Tbsp water

Directions:

- 1 Heat plums, water, sweetener, applesauce, preserves, soy sauce, vinegar and salt to a boil in a small pot.
- 2 Simmer for 4 minutes at a low simmer/boil, then use a whisk to break down the plums and mix all the contents, till smooth.
- 3 Add the dissolved cornstarch and simmer for 3-4 minutes. Remove from heat, cool to room temperature.

HOISIN DIPPING SAUCE

A lower calorie take on a classic Chinese dipping sauce. Hoisin can be considered 'Chinese BBQ sauce'. This is a thinned dip that has the same flavor, while stretching the points.

Serving Info.:

Yield: 1/2 cup

Serving Size: 1/4 cup

Servings: 2



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- last checked 12/16/22 -

Ingredients:

- 1-1/2 Tbsp hoisin sauce
- 1-1/2 Tbsp sugar free 'light' syrup (pancake syrup)
- 1 Tbsp no sugar added ketchup
- 1 tsp lime juice
- 1/4 cup water
- 1 Tbsp 0 calorie brown sugar replacement o' choice
- 1 Tbsp reduced sodium soy sauce
- 1 garlic clove, minced
- 1-1/2 tsp cornstarch, dissolved in 2 tsp water

Directions:

- 1 Bring all of the ingredients to a boil, over medium heat. Simmer for 1 minute. Remove from heat, set aside and cool to room temperature.

KATSU SAUCE

Japanese Katsu sauce is tangy, sweet and savory. It's traditionally served alongside 'Tonkatsu', Japanese breaded pork cutlets. However, I use it for my 'Torikatsu', or breaded chicken. In essence, it's a type of Asian BBQ sauce, with rice vinegar and soy sauce. Traditional recipes have a looot of ingredients. Mine is simplified, comes together in minutes, with a similar flavor profile, at a fraction of the points.

Serving Info.:

Yield: 1 cup

Serving Size: 1/4 cup

Servings: 4



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- last checked 12/16/22 -

Ingredients:

- 1/2 cup canned tomato sauce
- 3 Tbsp unsweetened applesauce
- 3 Tbsp PLUS 2 tsp worcestershire sauce
- 3 Tbsp low sodium soy sauce
- 1 Tbsp 'dark' soy sauce (optional, for a darker color)
- 3 Tbsp rice vinegar
- 1/4 tsp onion powder
- 1/4 tsp coarse ground black pepper or 1/8 tsp finely ground
- 1 Tbsp PLUS 1 tsp 0 calorie sugar replacement o' choice
- 1-1/2 tsp cornstarch, dissolved into 1 Tbsp water

Directions:

- 1 Mix everything together in a small pot. Bring to a low boil. Simmer for 3 minutes. Remove from heat, set aside and cool to room temperature.

- If you don't use the 'dark' soy sauce, it won't affect the flavor of the sauce. However, it will have a more reddish hue.

KOREAN GOCHUJANG SAUCE

Gochujang sauce is FREAKING FANTASTIC!!! This sauce is spicy, sweet, tangy, savory and tastes great slathered on just about anything imaginable. The regular stuff is 5 points for 2 Tbsp. Boom.

Serving Info.:

Yield: 1-1/2 cups
Serving Size: 1/4 cup
Servings: 6



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- last checked 12/18/22 -

Ingredients:

- 10 Tbsp water
- 1-1/2 tsp cornstarch, dissolved into the water
- 3 Tbsp lower sodium soy sauce
- 2 Tbsp 'dark' soy sauce
- 6 Tbsp 0 calorie sugar replacement o' choice
- 3 Tbsp rice vinegar
- 1-1/2 Tbsp sugar free syrup (pancake syrup)
- 2 garlic cloves, crushed and minced
- 1/2 Tbsp fresh ginger, minced
- 1/2 tsp salt
- 2 tsp sugar free strawberry or peach preserves/jam
- 2 Tbsp 'no sugar added' ketchup
- 4 Tbsp fermented red pepper paste (see pg. 11 for more info.)
- 1/4 tsp sesame oil

Directions:

- 1 Mix all the ingredients together in a small pot. Bring to a boil.
- 2 Simmer for 4 minutes, till thickend. Remove from heat, set aside and cool to room temperature.

ORANGE GINGER DIPPING SAUCE

This dipping sauce is actually used as the glaze/sauce for my 'Orange Chicken' recipe. However, it ALSO makes for a fantastic dipping sauce.

Serving Info.:

Yield: 1-1/4 cup
Serving Size: 1/4 cup
Servings: 5



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- last checked 12/18/22 -

Ingredients:

- 1/3 cup orange juice
- 7 Tbsp water
- 4 tsp cornstarch, stirred into the water, till dissolved
- 2 Tbsp PLUS 2 tsp reduced sodium soy sauce
- 1-1/4 tsp 'dark' soy sauce
- 4 Tbsp 0 calorie sugar replacement o' choice
- 3 garlic cloves, crushed and minced
- 1 tsp fresh ginger, minced
- 1 Tbsp orange zest, finely chopped
- 2 tsp Huy Fong Asian chili garlic sauce
- 1 Tbsp PLUS 1 tsp sugar free syrup (pancake syrup)
- 1/4 tsp cracked black pepper

Directions:

- 1 Bring all of the ingredients to a boil, over medium heat.
- 2 Simmer for 2-3 minutes or until thickened to desired consistency. It will thicken slightly when removed from heat.

SOY GLAZE & DIP

This simple, but absolutely delicious sauce is perfect for use as a dip for dumplings, cooked meat, or even drizzled on vegetables. It has a tremendously flavorful depth of flavor from the ginger, garlic sesame oil, rice vinegar...and well... pretty much everything.

Serving Info.:

Yield: 1/2 cup
Serving Size: n/a
Servings: It's a communal dip!



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- last checked 12/16/22 -

Ingredients:

- 3 garlic cloves, minced
- 1 tsp ginger, minced
- 1 Tbsp PLUS 2 tsp sugar free syrup (pancake syrup)
- 3 Tbsp PLUS 1 tsp reduced sodium soy sauce
- 1-1/2 tsp 'dark' soy sauce
- 3 Tbsp rice vinegar
- 1/4 tsp sesame oil
- 1/4 tsp honey
- 1/8 tsp crushed red pepper flakes (optional)
- 2 tsp 0 point sweetener o' choice (I used Lakanto monkfruit)
- 1-1/2 tsp cornstarch dissolved into 2 tsp water

Directions:

- 1 Heat all ingredients in a small pot, till boiling. Cook at a low simmer for 1-2 minutes, or until sauce starts to thicken. Remove from heat, set aside, cool to room temperature.

SWEET & SOUR SAUCE

My recipe for sweet & sour sauce takes a traditional recipe and WW-erizes it. This recipe has a large yield because it's used in my sweet & sour chicken recipe, on pages 102-103. You could easily halve the recipe, if you'd like a small 1 cup batch.

Serving Info.:

Yield: 2 cups
Serving Size: 1/4 cup
Servings: 8



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- last checked 12/16/22 -

Ingredients:

- 1-1/8 cup water (1 cup, plus 2 Tbsp)
- 2-1/2 Tbsp cornstarch, dissolved into the water
- 1 cup rice vinegar
- 1 cup 0 point sweetener/sugar substitute (stevia, monkfruit, swerve, etc)
- 2 Tbsp no sugar added ketchup OR canned tomato sauce
- 3 garlic cloves, crushed and chopped
- 2 tsp fresh ginger, finely chopped

Directions:

- 1 Mix all the ingredients in a small pot, till well combined. Bring to a rolling boil for 5-7 minutes, or until the sauce has the thickness of warm maple syrup.
- 2 Allow to cool to room temperature, stirring occasionally. It will continue to thicken as it cools.

SZECHUAN PEPPERCORN SAUCE

For this recipe, you WILL need a very specialized ingredient, which you'll most likely have to order online. Szechuan peppercorns are NOT spicy. When toasted, they have an extremely aromatic aroma. In fact, once toasted, Szechuan peppercorns smells like fragrant tea leaves. They also have a cool after-effect. They give a very slightly-tingling effect to your tongue. It's pretty cool.

Serving Info.:

Yield: 1-1/4 cup
Serving Size: 5
Servings: 1/4 cup



- last checked 12/16/22 -

Ingredients:

- 3/4 tsp szechuan peppercorn powder ***
- 1 cup water
- 1 Tbsp PLUS 1 tsp cornstarch, dissolved/stirred into the water
- 3 Tbsp PLUS 1 tsp lower sodium soy sauce
- 3 Tbsp rice vinegar
- 1 Tbsp lime juice
- 1/4 tsp sesame oil
- 1 tsp fresh ginger, finely diced/minced
- 2 garlic cloves, crushed and minced
- 7 Tbsp 0 calorie sugar replacement (such as Lokanto monkfruit)
- 1/4 tsp black pepper
- 1/8 tsp ground coriander

Directions:

- 1 Whisk together all of the ingredients, till smooth. Bring to a low boil in a small pot.
- 2 Cook for 2 minutes, or until thickened. Set aside and let cool.

Notes:

- You can order the Szechuan peppercorn powder on Amazon, or you can find it at Asian or International markets. Though, honestly, it's cheap and saves you the hassle if you just buy it online.
- Again, Szechuan peppercorns are not hot. They aren't spicy. People think they're cool because of their slightly 'tea-like' aroma and their tongue-numbing ability. It's a pretty unique sensation, to be honest..



TERIYAKI SAUCE

This sauce is truly awesome and comes together really fast. Is it authentic? No. Is it tasty and does it fit the flavor profile? Yup.

Serving Info.:

Yield: 1 cup
Serving Size: 1/4 cup
Servings: 4



- last checked 12/16/22 -

Ingredients:

- 3/4 cup water
- 1-1/2 tsp cornstarch
- 2 Tbsp 0 calorie brown sugar replacement
- 3 Tbsp PLUS 1 tsp low sodium soy sauce
- 1 Tbsp sugar free syrup (pancake syrup)
- 1 medium garlic clove, chopped
- 1/2 tsp fresh ginger, minced
- 1/8 tsp salt
- 1/8 tsp red pepper flakes (optional)

Directions:

- 1 Add all ingredients into a small pot, stir till well combined.
- 2 Bring the sauce to a boil for 4-5 minutes. Remove from heat, cool to room temperature.

THAI PEANUT SAUCE & DIP

This recipe has 10x the depth of flavor you'll find in regular 'skinny blogger' recipes. It also has a fraction of the calories and fat.

Serving Info.:

Yield: 1 cup
Serving Size: 1/4 cup
Servings: 4



- last checked 12/16/22 -

Ingredients:

- 3/4 cup water
- 1-1/2 Tbsp cornstarch (dissolved into the water)
- 1/2 tsp asian chili sauce (I used Huy Fong chili garlic sauce)
- 1/2 tsp asian "fish sauce"
- 2 tsp reduced sodium soy sauce
- 1 tsp lime juice
- 1/4 tsp red curry paste, to taste (optional)
- 6 Tbsp Powdered Peanut Butter (*that's 1/3 cup + 1 Tbsp*)
- 1/4 cup "Silk" unsweetened Almond/Coconut blend beverage, or any unsweetened Almond or Cashew milk or low point 'Coconut Beverage', such as from the "*So Delicious!*" brand.
- 1-1/2 Tbsp 0 point sweetener o' choice (*stevia, monkfruit, etc.*)
- 4 peanuts, crushed as garnish (yes.... just 4 single peanuts)

Directions:

- 1 Whisk together all of the ingredients, till smooth. Bring to a low boil in a small pot.
- 2 Cook for 2 minutes, or until thickened. Set aside and let cool.

- Though my recipe calls for a 'coconut flavored beverage', if you don't use one, it'll still taste fine. Or, sub it out for unsweetened almond milk and a little coconut extract from the baking aisle.

THAI SWEET CHILI SAUCE

Think of this Thai dip as a savory and pretty spicy version of traditional Chinese sweet & sour sauce.

Serving Info.:

Yield: 1 cup
Serving Size: 1/4
Servings: 4



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- last checked 12/16/22 -

Ingredients:

- 1/2 cup water
- 7 Tbsp rice vinegar (1 less Tbsp than a 1/2 cup)
- 1 Tbsp lime juice
- 1 Tbsp reduced sodium soy sauce
- 2 tsp sugar free peach jam or preserves
- 1/2 cup 0 point sweetener o' choice (I used lakanto monkfruit)
- 1 Tbsp tomato sauce OR no sugar added ketchup
- 2 garlic cloves, minced
- 1 tsp ginger, minced
- 2 tsp red pepper flakes
- 1-1/2 Tbsp cornstarch

Directions:

- 1 Mix all the ingredients in a small pot, till well combined. Bring to a rolling boil for 5-7 minutes, or until the sauce has the thickness of warm maple syrup.
- 2 Allow to cool to room temperature, stirring occasionally.

VIETNAMESE DIPPING SAUCE

This extremely tart, sweet, spicy and pungent sauce is a classic Vietnamese staple. Of all of the dips and sauces in this small collection... this one is my favorite, for dipping the spring rolls, pot stickers and shumai dumplings.

Serving Info.:

Yield: 1 cup
Serving Size: 1/4 cup
Servings: 4



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- last checked 12/16/22 -

Ingredients:

- 1/4 cup fish sauce
- 1/4 cup 0 point sweetener o' choice
- 1/3 cup water
- 2 Tablespoons lime juice
- 2 teaspoons rice vinegar
- 1 garlic clove, minced
- 1 Tbsp Asian chili sauce (I used Huy Fong Chili Garlic sauce)
- 1 Tablespoon finely diced/minced carrots

Directions:

- 1 Set the carrots aside.
- 2 Add the remaining ingredients in a bowl and whisk together until the sweetener dissolves.
- 3 Stir in the minced carrots, right before serving, for garnish.

- This is honestly my favorite of all the dipping sauces. I love this stuff, despite the 'dead sea' level of sodium in it.

VIETNAMESE GINGER CHILI SAUCE

This sauce is similar to the Vietnamese Dipping Sauce, BUT it's a little less sweet, has a deep garlic flavor and a slight fruitiness.

Serving Info.:

Yield: 1/2 cup
Serving Size: 1/4 cup
Servings: 2



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- last checked 12/16/22 -

Ingredients:

- 1/4 cup fish sauce
- 2 Tbsp 0 point natural sweetener o' choice
- 1-1/2 tsp ginger, minced
- 5 garlic cloves, minced
- 2 Tbsp lime juice
- 2 tsp Asian chili sauce
- 2 tsp sugar free peach preserves/jam
- 1 Tbsp water

Directions:

- 1 Whisk all ingredients together, till the sweetener and peach preserves have dissolved. Set aside.
- This is meant more as a 'communal' sauce. The entire 1/2 cup has 1 total point. This sauce is meant more as the type that's served in a small dish, next to appetizers, with a small spoon in it. People can drizzle small amounts onto their food for 0 points.

YUM YUM SAUCE

Yum Yum Sauce is a staple at Japanese Hibachi restaurants, although it isn't actually a traditional Japanese sauce. It's as American as Pineapple Pizza, baby! (Get over it, haters!) Yum Yum sauce is a sweet, tangy and slightly spicy creamy mayo sauce. It's usually loaded with so much mayonnaise, you need bypass surgery after 2 Tbsp. MY version is light, delicious and incredibly full of flavor.

Serving Info.:

Yield: 1 cup
Serving Size: 1/4 cup
Servings: 4



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- last checked 12/16/22 -

Ingredients:

- 3/4 cup plain fat free Greek yogurt
- 1 Tbsp low fat mayonnaise
- 2-1/2 Tbsp no sugar added ketchup (or canned tomato sauce)
- 1-1/2 Tbsp rice vinegar
- 1 tsp paprika (for color)
- 1 tsp garlic powder
- 2 tsp 0 calorie sugar replacement o' choice
- 1/4 tsp salt
- 1/4 tsp pepper
- (optional) pinch of cayenne pepper, or more, to taste

Directions:

- 1 Whisk all ingredients together, till smooth.
- The cayenne pepper is optional, but it does add a nice little hint of heat. Add more, to taste, if desired.