



Cilantro Lime Sauce

A simple and zesty sauce that packs some Latin attitude

This sauce is so simple and comes together so quickly that it'll come as a total surprise the first time that you make it. The flavorful mix of chicken broth, lime juice, garlic, and a bunch of fresh cilantro makes this an incredibly savory sauce. It punches you in the face with a nice bit of lime, followed by a strong flavor of cilantro. It pairs very well with Latin themed dishes, served over fish, chicken, beef and heck, even cardboard would taste great slathered in this stuff.

Though I'm using I Can't Believe It's Not Butter Light in this recipe, I give directions in the notes at the bottom of the page for how to make it a 0 point sauce with 1 simple ingredient substitution.

Serving Info.:

YIELDS: 1-1/2 cups

Servings: 6

Serving Size: 1/4 cup



R D
0-0

*- last checked 11/15/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.*

Ingredients:

- 5 second spray, olive oil flavored cooking spray ***
- 1 cup fat free chicken broth
- 1/4 cup water
- 4 tsp cornstarch, dissolved into the water
- 1/4 tsp olive oil
- 3 Tbsp lime juice
- 2-3 medium garlic cloves, crushed, chopped
- 1 Tbsp I can't believe it's not butter Light
- 3/4 cup cilantro (about 1 bunch), finely chopped
- salt and pepper to taste

Directions:

- 1 Spray the bottom of a medium pan with the cooking spray, then add the broth, water, cornstarch, olive oil, lime juice and garlic. Stir until the cornstarch is dissolved.
- 2 Add the butter spread, then turn on the stove and bring the sauce to a low boil, stirring to melt the butter spread.
- 3 Cook the sauce for 3-4 minutes at a rolling boil, until it begins to thicken, then turn off the heat and stir in the fresh chopped cilantro. Done.

Notes:

- Want even more butter flavor? Stir in 2 tsp of butter flavored popcorn seasoning sprinkles. Most all brands let you have 2 tsp for 0 points,
- Yes... you can seriously use an entire cup of this sauce for 1 point. Would you ever have an entire cup of sauce? No. But, that gives you a LOT of wiggle room to add points and customize this sauce for your own tastes. Add a point of this, a point of that... that's one of the reasons I make everything so low. It tastes good as-is, but you have room to modify my sauces.

