
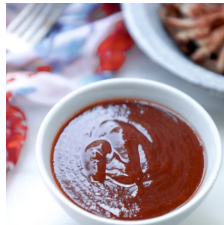






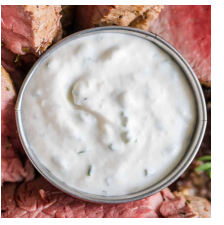



SAUCES, CONDIMENTS & DRESSINGS

By Julie Cottrell, MS, RD, LD






Read the ingredients label on many of your favorite salad dressings, condiments and sauces and you will quickly see why it may be preferable to make your own. Sugar, preservatives, unhealthy oils and other unfavorable ingredients are found in many; and when you look for “sugar-free” versions, **sucralose** is often the sweetener used. You might save money by making your own too, although you will have to invest a moment of your time. This may be worth it for items you are sure you will use, especially if the store-bought version is pricey. Try some of these below; if you find one you like, print it out and add it to your “**Healthy Recipe Stash**”.


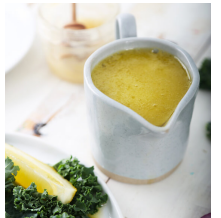



SAUCE RECIPES

				
<u>Low-Carb Barbeque Sauce</u>	<u>Easy Keto Barbeque Sauce</u>	<u>Mustard Barbeque Sauce</u>	<u>Sugar-Free Ketchup</u>	<u>Keto Spaghetti Sauce</u>
With just a few ingredients, you can make your own SF version without sucralose, and for less expense!	Here’s a second version; it uses low sugar ketchup as the base. <u>Liquid smoke</u> is needed for both of these.	This pairs well with “ <u>Low Carb Pulled Pork</u> ” and many other dishes.	Lots of healthy ingredients in here, including apple cider vinegar.	Low-carb spaghetti sauce can be pricey; you might save a little cash by making your own.

				
<u>Taco Sauce</u>	<u>Horseradish Sauce</u>	<u>Hollandaise Sauce</u>	<u>Remoulade Sauce</u>	<u>Tzatziki Sauce Recipe</u>
Make your own taco sauce with this very simple recipe!	Delicious with steak, pork, sushi, deviled eggs and more!	This is very low in carbs but higher in calories; use as a treat!	Great with “Spicy Air Fryer Fish”.	Multiple uses for this sauce; makes a great veggie dip!

SALAD DRESSINGS

				
<u>Ranch Dressing</u>	<u>Creamy Chive Blue Cheese Dressing</u>	<u>Keto Honey Mustard Dressing</u>	<u>Homemade Italian Dressing</u>	<u>Keto 5-Minute Caesar Dressing</u>
Per 2 Tbsp: 84 calories 2 g carb 1 g protein 8 g fat	Per 2 Tbsp: 106 calories <1 g carb <1 g protein 12 g fat	Per 2 Tbsp: 38 calories <1 g carb <1 g protein 2.5 g fat	Per 2 Tbsp: 148 calories 1 g carb 1 g protein 16 g fat	Per 2 Tbsp: 200 calories 1 g carb 1 g protein 20 g fat

				
<u>Zesty Italian Dressing</u>	<u>Easy Keto Honey Vinaigrette</u>	<u>Thousand Island Dressing</u>	<u>Balsamic Vinaigrette</u>	<u>Garlic & Herb Yogurt-Based Dressing</u>
Per 2 Tbsp: 167 calories 2.5 g carb <1 g protein 27 g fat	Per 2 Tbsp: 167 calories 1.5 g carb <1 g protein 18 g fat	Per 2 Tbsp: 176 calories <1 g carb <1 g protein 19 g fat	Per 2 Tbsp: 171 calories 2 g carb 0 g protein 18 g fat	Per 2 Tbsp: 60 calories 1 g carb 1 g protein 6 g fat






Making dressings yourself allows you to use a higher quality oil + quality ingredients you select.

These will keep in the refrigerator for 7-14 days. Use it on salads, pair with your favorite protein, or serve along with veggies






- **Tip #1:** When making your own dressings, you can whisk the ingredients by hand, use a small single serve blender, or shake them up in a mason jar. Use whatever tool(s) you have on hand!
- **Tip #2:** You may want to purchase some small, single-serve containers to store the dressing in. When you first blend it, all the ingredients will be emulsified. When you store it in the fridge for later use, the oil will separate (and slightly harden). This could make it difficult to pour when you are ready to use it. If you have some smaller containers, you can divide it out right after you make it. Then it will be easy to shake up your single serving and use when ready. Google “disposable condiment cup” to find some.





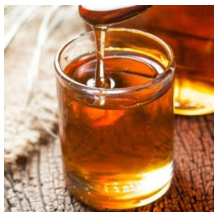
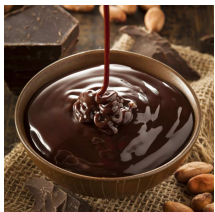

MAYO AND DIP

				
<u>Mayonnaise</u>	<u>Double Dill Tartar Sauce</u>	<u>Easy Veggie Dip Recipe</u>	<u>Smoked Tuna Dip</u>	<u>Tahini-Peanut Dipping Sauce</u>
Just 4 ingredients! Swap olive oil for the avocado oil if you prefer!	Great with “ <u>Air Fryer Fish Sticks</u> ” and more!	Use avocado-based mayo; pair with raw or cooked veggies.	Try this with veggies; take to parties as an appetizer.	This would be great with chicken or baked tempeh and steamed broccoli.

SEASONINGS, GRAVY & MEAT ENHANCERS

				
<u>Taco Seasoning</u>	<u>Chimichurri Sauce</u>	<u>Homemade Buffalo Sauce</u>	<u>Low-Carb Gravy</u>	<u>Keto Gravy</u>
Double or triple the recipe while you are at it so you will have plenty on hand!	Serve with steak, chicken, salmon, pork or veggies.	Especially great on homemade chicken wings or drizzled on a Buffalo Chicken Salad.	Egg yolks are the main thickening ingredient in this recipe.	This version uses <u>xanthan gum</u> as the thickener.

SWEET SAUCES/JAM/JELLY

				
<u>Keto Jam</u>	<u>Low-Carb Blackberry Chipotle Jam</u>	<u>Keto Maple Syrup</u>	<u>Sugar-Free Keto Chocolate Syrup</u>	<u>Sugar-Free Caramel Syrup</u>
Chia seeds are the magic ingredient! Use your favorite berry.	This could be nice on pork tenderloin or other roasted meats.	Use on low-carb pancakes or as an ingredient in <u>Keto Jam</u> .	Surprisingly low in calories; drizzle over strawberries for a real treat!	This would go great with many low-carb/keto desserts!!