

Sesame Stir-Fry Sauce

Yield: enough for 1 lb meat or tofu and 4-6 cups cut-up vegetables

Ingredients	Measure		Nutrition per Tbsp	
	about 1/2 cup			
Water	2 Tbsp		Calories	10
Low-sodium soy sauce	1 tsp		Total Fat g	0.5
Toasted sesame oil	1/2 tsp		Saturated Fat g	0
Med-Diet® Low Sodium Vegetarian Vegetable Broth Mix	1 tsp		Cholesterol mg	0
Minced garlic	1 tsp		Sodium mg	40
Cornstarch	1 tsp		Carbohydrate g	1
Minced fresh gingerroot	1 tsp or 1/4 tsp ground		Fiber g	0
Sesame seeds	1 tsp		Sugar g	0
Sugar	1/2 tsp		Protein g	0

Preparation

1. In small bowl, whisk together all ingredients until blended. Add to stir-fry during last 5 to 8 minutes of cooking time. Cook and stir until sauce is thickened.

Variations

Ginger Sauce: Use 1 Tbsp gingerroot and 1/2 tsp garlic.

Garlic Sauce: Use 1/2 tsp gingerroot and 1 Tbsp garlic.

Product Information

Product	Case Pack	Yield	Product Code
Med-Diet® Low Sodium Vegetarian Vegetable Broth Mix	6 – 16 oz	35 gal	K9208