



Low Carb Sauces & Condiments 1

From Linda's Low Carb Recipes & Menus - <https://www.genaw.com/lowcarb/>

- Angel Coconut
- Bread & Butter Pickled Jalapeños
- Cilantro Pepita Dressing & Dip
- Cinnamon Pancake Syrup
- Cream Cheese Spread
- Cream Cheese Whipped Cream
- Creamy Alfredo Sauce
- Creamy BBQ Sauce
- Dill Pickle Rémoulade
- Easy Peanut Sauce
- Even Better "Heinz" Ketchup
- Frozen Cucumber Pickles
- KFC Chicken Seasoning

Please refer to my website for the nutritional counts for these recipes.

ANGEL COCONUT

1/2 cup unsweetened coconut (about 1 1/4 ounces)

1 1/2 tablespoons boiling water

Sweetener equal to 2 tablespoons sugar

Place the coconut in a small bowl. Mix the sweetener with the boiling water; pour this over the coconut and mix well. Cover the bowl with plastic wrap and let stand 15 minutes. This will turn dry, unsweetened coconut into the soft, sweet kind.

TIP: It can be toasted by spreading it on a baking sheet and bake at 350° for a few minutes, stirring occasionally and watching very closely.

Makes 1/2 cup



BREAD & BUTTER PICKLED JALAPEÑOS

1 pound fresh jalapeño peppers
1 small onion, slivered
1 1/4 cups white vinegar
Sweetener equal to 2 cups sugar
2 teaspoons salt
1 teaspoon mustard seed
1/2 teaspoon celery seed
1/2 teaspoon turmeric
1/8 teaspoon allspice
1/8 teaspoon ground cloves

Cut the stems off the jalapeños and slice them in 1/2-inch rounds. Bring the vinegar, sweetener and spices to a boil in a large saucepan. Add the onions and chiles; bring back to a boil. Simmer 3 minutes, stirring occasionally. Cool to room temperature. Put the jalapeños and liquid in a quart canning jar or other glass container and store in the refrigerator.

Makes about 1 quart



CILANTRO PEPITA DRESSING & DIP

1 medium Anaheim chile, roasted peeled and seeded
2 tablespoons pepitas, roasted *
1 clove garlic
1/8 teaspoon pepper
1/2 teaspoon salt
6 ounces oil
3 tablespoons red wine vinegar
1 ounce Cotija or freshly grated parmesan cheese
1 bunch cilantro
3/4 cup mayonnaise
1 tablespoon water

Chop off the tough bottom stems of the bunch of cilantro; place the leafy tops in a large colander. Pick out any of the tougher stems that you find as well as any shriveled leaves and debris. Run cold water over the cilantro to remove any dirt, swishing it around under the water to clean completely. It's ok to keep the smaller stems. They will be pureed anyway. There's also no need to dry the cilantro. Just shake off any excess water.

Put everything but the cilantro, mayonnaise and water in a food processor with the chopping blade. Process about 10 seconds. Add the cilantro in batches and pulse until the dressing is smooth. Add the mayonnaise and water to the food processor and pulse a few times to blend. Chill well before using.

Makes about 2 cups

* Pepitas are shelled pumpkin seeds. Roast them in the oven or toaster oven at 350° about 5 minutes until they start to brown and pop.



CINNAMON PANCAKE SYRUP

1/4 teaspoon oil
1/4 teaspoon xanthan gum
1 tablespoon butter
1/2 cup water
1/4 teaspoon blackstrap molasses
Sweetener equal to 1/4 cup sugar
1/4 teaspoon vanilla
1/4 teaspoon maple flavoring
1/4 teaspoon cinnamon

Mix the oil and xanthan gum in a 2-cup glass measuring cup. Add the butter; microwave on HIGH about 40 seconds to melt the butter. Whisk in the remaining ingredients. Microwave on HIGH about 30 seconds. Whisk well, then let stand a few minutes to allow the syrup to thicken. You can serve this warm or let it cool to room temperature first. I recommend storing it in the refrigerator.

Makes about 1/2 cup



CREAM CHEESE SPREAD

3 ounces cream cheese, softened
1 tablespoon unsalted butter, softened
Sweetener equal to 2 tablespoons sugar
1 teaspoon vanilla

Beat all of the ingredients until smooth. Spread on muffins or scones, etc.

Makes about 8 tablespoons



CREAM CHEESE WHIPPED CREAM

4 ounces cream cheese, softened
Sweetener equal to 1/2 cup sugar
1/2 teaspoon vanilla
1 cup heavy cream

Place the cream cheese, sweetener and vanilla in a medium bowl. Beat on high speed 2 minutes until fluffy, scraping down the sides of the bowl occasionally. With the mixer on low speed, gradually pour in the cream while beating. Once all of the cream has been added, scrape down the sides and bottom of the bowl. Turn the mixer to high speed and beat until thick and fluffy. The cream cheese helps stabilize the whipped cream and it should stay fluffy for a couple days or more.

Makes about 2 cups



CREAMY ALFREDO SAUCE

8 ounces cream cheese, softened

3/4 cup heavy cream

2 ounces freshly grated parmesan cheese (1/2 cup)

1/4 teaspoon pepper

1/2 teaspoon garlic powder

Pinch nutmeg

Salt, to taste

Pinch fresh parsley, minced (optional)

In a medium saucepan or nonstick skillet, heat the cream cheese on medium-low heat, stirring until melted and smooth. Gradually blend in the cream until smooth. Stir in the parmesan and seasonings. Cook and stir over low heat until smooth and creamy, thinning with water as needed to make it thick but still pourable. Serve over chicken, vegetables or other dishes.

Makes about 6 servings



CREAMY BBQ SAUCE

1 tablespoon low carb barbecue sauce

1 tablespoon mayonnaise

Sweetener to taste

Blend the barbecue sauce, mayonnaise and sweetener to taste. Serve over grilled hamburgers.

Makes 1 serving



DILL PICKLE RÉMOULADE

1/2 cup mayonnaise
1/4 cup dill pickle relish
1 tablespoon Dijon mustard
1/4 teaspoon paprika

Mix all of the ingredients well. Chill to allow the flavors to blend.

Makes about 3/4 cup



EASY PEANUT SAUCE

2 tablespoons peanut butter
2 tablespoons coconut milk
1 tablespoon lime juice
1 tablespoon soy sauce
1/8 teaspoon red Thai curry paste
1/8 teaspoon chili paste
Sweetener equal to 2 teaspoons sugar

Whisk everything in a small bowl until smooth and creamy. Serve as a dipping sauce for chicken or other meats. The sauce has the best consistency when served at once but it can be warmed in the microwave if done gently and carefully to keep it from "breaking". You will have to whisk it well afterward. I recommend letting it come to room temperature after being chilled rather than warming it.

Makes about 6 tablespoons



EVEN BETTER "HEINZ" KETCHUP

6 ounce can tomato paste
8 ounce can tomato sauce
1/4 cup plus 3 tablespoons white vinegar
1/4 cup water, or enough to get the right consistency
Sweetener equal to 1/4 cup sugar
1/2 teaspoon salt
1/4 teaspoon onion powder
1/8 teaspoon allspice
1/8 teaspoon ground cloves
1/8 teaspoon cinnamon
1/8 teaspoon garlic powder

Mix all of the ingredients well in a medium saucepan. Cover and simmer for 1 hour. Cool then chill completely before serving. Keep refrigerated. This keeps for several months.

Makes 2 cups



FROZEN CUCUMBER PICKLES

4 cups sliced cucumbers (2 medium)
1 small onion, thinly sliced
2 teaspoons salt
2 tablespoons water

Brine:

Sweetener equal to 1 1/2 cups sugar
1 cup cider vinegar
2 teaspoons dried dill

Put the cucumbers and onion in a large bowl; add the salt and water. Toss with your hands to coat well with the salt. Let stand at room temperature for 2 hours. Drain off the liquid and return the cucumbers and onions to the bowl.

Add the brine ingredients. Mix well and let stand at room temperature for an hour or two, stirring occasionally. Put the pickles and brine in storage containers and chill or freeze. If frozen, thaw in the refrigerator before serving.

Makes about sixteen 1/4-cup servings



KENTUCKY FRIED CHICKEN SEASONING

- 1 tablespoon paprika
- 1 1/2 teaspoons salt
- 1 teaspoon onion powder
- 1/2 teaspoon celery salt
- 1/2 teaspoon sage
- 1/2 teaspoon garlic powder
- 1/2 teaspoon allspice
- 1/2 teaspoon oregano
- 1/2 teaspoon chili powder
- 1/2 teaspoon pepper
- 1/2 teaspoon basil
- 1/2 teaspoon marjoram

Mix well and store in an airtight container.

Makes 3 tablespoons

