



ASIAN ORANGE SAUCE

By Dr. Cindy Tazar
(Standard/Maintenance)

Everyone loves a great orange sauce to pour over chicken, beef or even some vegetables, but it can be quite difficult to find an orange sauce that doesn't contain high-glycemic orange juice or orange marmalade containing artificial sweeteners. This recipe strikes a great balance and is full of flavor. It has an Asian flair, but would still be great served on the side with a non-Asian meal. It especially pairs well with dark meat chicken or turkey. Do not salt food prior to cooking if you plan to use this sauce, as it contains sodium in the coconut aminos.

You don't need to count this sauce on your checklist. Just enjoy 2-3 tablespoons!



INGREDIENTS

- 1 Tbsp avocado oil
- 2 cloves of garlic, minced
- 1/2 cup coconut aminos or low-sodium Tamari (gluten-free soy sauce)
- 1/4 cup white wine vinegar (can use white distilled vinegar)



2 Tbsp orange zest (or 1-1/2 tsp of pure orange extract)
2 Tbsp Swerve powdered
1/2 tsp ground ginger
xanthan gum (as an option, if needed to thicken)

INSTRUCTIONS

Heat oil in a small pan over medium heat. Add garlic and sauté for one minute.

Add coconut aminos, vinegar, orange zest (or extract), Swerve and ground ginger.

Bring sauce to a low boil, then reduce heat to a simmer for 8-10 minutes. Sauce will thicken as it cooks. It will also thicken further as it cools from hot to warm.

If the texture or bitterness of the orange peel is too strong for you, just strain it.

NOTE: If sauce still is not thick enough for you, add 1/2 tsp xanthan gum by sprinkling lightly over the surface of the sauce (do not add in a clump) and whisk well. It will thicken as it sits. Xanthan gum can be used as a low-carb thickener in many dishes. You can remove your dish from the heat and add it in, as it doesn't need to "cook" like flour. It will thicken as it sits.

A small bag will last you a very, very long time. There are many brands and they range from \$6-\$10. I have even found small individual packets available for under a dollar at some health food stores.