



That little bit on the side of your plate makes such a difference to any meal. Let's see the winners and the sinners!

Calories per 15g tablespoon unless otherwise stated.	
Amoy Light/Chilli/Low salt Soy Sauce	9
Balsamic Vinegar/Drizzle of Balsamic Glaze	Neg/10
Blue Dragon Sweet Chilli/Light Sweet Chilli Sauce	35/19
Blue Dragon Sweet & Sour Stir Fry (120g Sachet)	134
Blue Dragon Black Bean (120g Sachet)	119
Blue Dragon Chow Mein (120g Sachet)	99
Coleman's Bramley Apple Sauce	17
Coleman's Classic Mint Sauce	17
Coleman's Tartare Sauce	42
Coleman's Seafood Sauce	44
Crucial's Yoghurt & Mint Sauce	57
Heinz BBQ/Sticky BBQ/Honey Mustard	20
Heinz Salad Cream/30% less fat/70% less fat	50/37/22
Heinz Burger/Garlic Sauce/Tesco Aioli	61/60
Heinz Tomato Ketchup	15
Heinz Tartare Sauce	47
Heinz Mint Sauce	12
Hellmann's Real/Light/Lighter than Light Mayo	110/41/10
HP Brown Sauce	18
HP Original BBQ Sauce/Fruity Sauce/Honey BBQ	20
Lea & Perrins Worcester Sauce	15
Mayflower Curry Sauce (2oz/56g dry weight will make up a portion)	88
Ocean Spray Cranberry Sauce	23
Sharwood's Mango Chutney	48
Sainsbury's Taste the Difference Horseradish Sauce	58
Tabasco Sauce	1



We all enjoy sauces and dressings with our Slimtone meals, so here are a few of our members' ideas – all are really tasty.

**** Make your own seafood sauce** by mixing extra light mayo and tomato sauce, adding garlic, black pepper, Worcestershire sauce, Tabasco sauce or paprika to suit your taste.

**** When making Slimtone coleslaw**, don't add the mayo until you are ready to serve. Adding a splash of garlic sauce or chopped parsley is also really tasty.

**** Mango chutney** is a favourite of mine but is quite high in calories. I enjoy my version of McDonalds McChicken sandwich by mixing a teaspoon of mango chutney with extra light mayo and spreading on a lightly toasted granary bap. Fill with warm sliced cooked chicken and iceberg lettuce for a tasty and quick lunch. Warburton's Thins are ideal for this recipe, simply make up 2 for lunch and pop onto the health grill. Serve with lots of salad or 'free' soup for a really tasty meal.

**** Aioli** is really popular and a healthy alternative can be made quite simply by mixing low cal mayo with garlic, chopped fresh coriander and finely sliced green chilli, finished with a dash of lime juice.

**** Salsa Dip** - finely chop or blend a red and green pepper, 2 spring onions, 1 clove of garlic and 1 large onion. Add a tin of chopped tomatoes, salt, pepper and Tabasco sauce to taste.

**** Mint Dip** – mix together ½ small pot of low fat natural yogurt, 100g/3½oz low fat soft cheese, 3 tsp chopped mint and 1 tsp sweetener and chill for 30 minutes before serving.

**** BBQ Dip** – fry 1 large chopped onion in low cal cooking spray for 5 minutes. Add 1 tbsp lemon juice, 1 tsp chilli powder, 1 tsp clear honey, 1 tsp sweetener, 2 tbsp Worcestershire sauce, pinch of dry mixed herbs and ¼ tin of chopped tomatoes and bring to the boil. Reduce the heat and simmer for 10 minutes until well mixed and syrupy.

**** Sweet & Sour sauce** – pop a can of chopped tomatoes and 2 sliced green peppers into a saucepan, bring to the boil and simmer for 5 minutes. Dissolve 2 tsp cornflour in 4 tbsp vinegar, add to the tomato mixture with 1 tbsp soy sauce and salt and pepper to taste and increase the heat. Once the mixture has thickened and slightly cooled, add 2 tsp sweetener and stir well.

To add an extra zing to the sauce, pop in 2 slices of chopped tinned pineapple.

©Marie Griffiths 2022

#Slimtone

Follow us on



www.slimtone.co.uk