

Low-Sodium Barbecue Sauce

- ½ cup low-sodium ketchup
- ½ cup water
- 1 tablespoon French's reduced-sodium Worcestershire sauce
- 1 tablespoon cider vinegar
- 1 teaspoon Splenda Brown Sugar Blend
- ¼ teaspoon onion powder
- ¼ teaspoon chili powder
- 2 drops hot sauce

Place all ingredients in a small saucepan and combine with a whisk. Bring to a boil over medium-high heat. Reduce heat to simmer and cover. Simmer for approximately 1 hour until sauce thickens. Serve warm, or chill in refrigerator before serving. Refrigerate leftover sauce in a covered container and use within 3 days.

Preparation time: 2 minutes

Cooking time: 70 minutes

Yield: ¾ cup

Serving size: 1 tablespoon

Per serving:

Calories:	5
Carbohydrate:	5 g
Protein:	0 g
Fat:	0 g
Saturated fat:	0 g
Cholesterol:	0 mg
Sodium:	27 mg
Fiber:	0 g

Exchanges per serving: free
Carbohydrate choices: 0



Source: *Diabetes Self Management*—Sept/Oct 2009 Issue