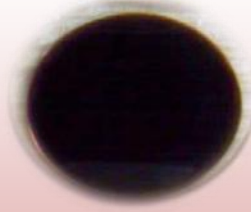


Teriyaki Sauce



Makes: 2/3 cups of sauce

Ingredients:

- 1/4 cup olive oil
- 1/4 cup soy sauce
- 2 tbsp ketchup
- 1 tbsp white vinegar
- 1/4 tsp pepper
- 2 cloves garlic, crushed

■ Spicy ketchup or some chili powder could be used to heat up the sauce!

Procedure:

- Mix all ingredients well and serve.

Per tbsp:

- Calories: 55
- Protein: 0 gm
- Carbohydrates: 2 gm
- Fat: 5 gm

This sauce could be served with pork, chicken, shrimp, fish or vegetables.