



When you're following the Specific Carbohydrate Diet, you truly value good recipes for sauces and salsas! Since we don't use flour or cornstarch, we need to get creative when it comes to jazzing up meats and veggies. On this page you'll find some very tasty condiments you can stir up yourself—easily. You will find some of these recipes repeated if they are called for in a specific recipe, but for your convenience we've collected them on this page as well so you can find them easily.

Great Sauces & Salsas

Gingered Mango Salsa

Serve over grilled chicken or fish.

1 c. chopped peeled mango
1/4 c. chopped red onion
1/4 c. minced fresh cilantro
1/4 c. lime juice
2 Tbs. minced fresh mint
1 Tbs. minced fresh gingerroot
1 tsp. olive oil
1/4 tsp. salt

In a bowl, combine all ingredients. Let stand for 30 minutes before serving.
Makes 1-1/4 cups.

Erin's Mexican Salsa

1 c. Campbell's tomato juice
1/2 c. cilantro, chopped
3 tomatoes, chopped small
1/4 tsp. crushed garlic
Dash Original Tobasco Sauce
Salt to taste
Pepper to taste

Erin's Guacamole

1 avocado, seeded, peeled and mashed
1/4 tsp. crushed garlic
1 tsp. lime or lemon juice
Salt and pepper to taste

These are both perfect with Cheese Lace Crackers!



More Sauces and Salsas

Creamy Dill Sauce

Try this drizzled over grilled salmon!

1/2 c. SCD yogurt
1/4 c. Spectrum Organic mayonnaise
1 green onion, chopped
1-1/2 tsp. minced fresh parsley
1-1/2 tsp snipped fresh dill or 1/2 t.
dried dill weed

Combine in a small bowl. Serve with
salmon or your favorite fish.

Asian Peanut Sauce

1 Tbs. toasted sesame oil
1/3 tsp. crushed garlic
1/2 c. peanut butter (peanuts and salt
only)
1 1/2 c. Campbell's tomato juice
1 Tbs. honey
1/4 tsp. original Tabasco Sauce (or to
taste)

Sauté garlic in toasted sesame oil.
Reduce heat and add peanut butter,
tomato juice, honey and Tabasco sauce.
Stir occasionally.

Cucumber Yogurt Sauce

Combine and chill until serving time:

1 cucumber, peeled, grated, salted and
drained in a large strainer (Salting helps
remove the juices.)
2 c. SCD yogurt
1/2 c. green onions, chopped
1/2 tsp. each salt and honey
1/4 tsp. paprika

Tomato Salsa

4 plum tomatoes, diced
1 small onion, finely chopped
1/4 c. minced fresh cilantro
1/2 tsp. crushed garlic
1 Tbs. lime juice
1/4 tsp. salt
1/4 tsp. pepper