

Peanut Sauce (makes 1 cup)

Ingredients:

- 3 cloves garlic
- 1 shallot
- cooking oil
- 1 tsp. turmeric
- ½ to 1 cup milk
- ½ cup sugarless peanut butter
- 1 tbsp. soy sauce
- 1 tbsp. brown sugar
- ½ tsp. sesame oil

Directions:

1. Finely chop garlic and shallot, or use a food processor to make them into a paste.
2. Splash some oil into a saucepan on medium heat. Once the oil is warm, add the garlic and shallot and sauté until everything's translucent.
3. Add the turmeric and milk to the saucepan.
4. Let everything come to a boil, and then turn the heat down to low.

Over

The
Farm

Saint Joseph Mercy Health System

Yummy on vegetables!

By the Numbers:

Nutrition (per 1 Tbsp.)

Calories: 58.4 kcal

Fat: 4.2 g

Protein: 2.4 g

Carbohydrates: 3.5 g

Cost

Total Cost: \$3.00

Cost per 1 Tbsp. Serving:

\$0.19



Directions Continued:

5. Add the peanut butter, soy sauce, brown sugar, and sesame oil. Stir to combine.
6. Taste and adjust the salt and any other spices.
7. Dip fresh vegetables into sauce and enjoy!

Yummy on vegetables!

By the Numbers:

Nutrition (per 1 Tbsp.)

Calories: 58.4 kcal

Fat: 4.2 g

Protein: 2.4 g

Carbohydrates: 3.5 g

Cost

Total Cost: \$3.00

**Cost per 1 Tbsp. Serving:
\$0.19**



St. Joseph Mercy Hospital Ann Arbor seeks new and innovative ways to improve health and wellness. The Farm serves our community by improving access to fresh food, nutrition education, and therapy.

For more info visit www.stjoesannarbor.org/thefarm