

2 SAUCES

to liven up your dinner

Quick Healthy Tartar Sauce

This sauce is made with simple, nutritious ingredients including Bragg's raw apple cider vinegar. Bragg's vinegar stands out for its health benefits. It contains the "mother" of the vinegar: strands of proteins, enzymes, and friendly bacteria. Combined with fresh herbs and crunchy pickles, this sauce is a flavorful addition to crispy fish tacos, salmon patties, or as a spread on sandwiches and wraps.

 Course	sauce
 Cuisine	American
 Prep Time	5 minutes
 Total Time	5 minutes
 Servings	0.5 cup of sauce
 Author	Barbara Bianchi

Ingredients

- ½ cup mayonnaise we like Primal Kitchen organic mayonnaise
- 1 tablespoon Bragg's apple cider vinegar
- 2 tablespoons of pickles chopped
- ¼ teaspoon dill
- ¼ teaspoon parsley
- ¼ teaspoon basil

Instructions

1. Stir tartar sauce ingredients together in a small bowl. Refrigerate to allow the flavors to marinate.



♡ Save

★★★★★
5 from 1 vote

Gluten Free BBQ Sauce



♡ Save

★★★★★
5 from 1 vote

This easy homemade barbecue sauce is the kind of sauce that makes dinner feel easy. It's mildly spicy, and full of smoky flavor. Slather it on grilled chicken, drizzle it over roasted veggies, or use it as a dip for just about anything.

 Course	sauce
 Cuisine	American
 Prep Time	5 minutes
 Cook Time	15 minutes
 Servings	1 cup of sauce
 Author	Barbara Bianchi

Ingredients

- 1 tablespoon of extra-virgin olive oil
- 1 small onion diced
- 2 cloves garlic minced
- ¾ cup gluten free chicken broth
- 2 tablespoons gluten free Dijon mustard
- ½ cup ketchup I use unsweetened
- 1 tablespoon of apple cider vinegar I use Bragg's
- 1 teaspoon Red Boat or Worcestershire Sauce
- 1/2 teaspoon smoked paprika
- salt and pepper to taste

Instructions

1. Add 1 tablespoon of oil to your skillet and sauté the small diced onion until soft, about 4 minutes. Add 2 cloves of minced garlic and cook 2 minutes more.
2. Add 3/4 cup of broth, 2 tablespoons of mustard, 1/2 cup of ketchup, 1 tablespoon of vinegar, and 1 teaspoon of Red Boat (or Worcestershire sauce). Season with 1/2 teaspoon of smoked paprika, salt, and pepper to taste.
3. Stir and simmer uncovered for 8–10 minutes, until slightly thickened and flavors meld.
4. Taste and adjust spice or salt if needed.
5. Let cool slightly, then use right away or store in a jar in the fridge for up to a week.