PREPARATION: 15 MINUTES | MAKES: 2½ CUPS

Easy BBQ Sauce

INGREDIENTS

1 cup water
½ cup chopped dates
2 tablespoons balsamic vinegar
2 teaspoons Dijon mustard
2 teaspoons smoked paprika
1 teaspoon brown sugar
1 teaspoon Worcestershire sauce
1 teaspoon chili seasoning mix
1 teaspoon onion powder or onion flakes
1 teaspoon garlic powder
½ teaspoon ground coriander

PREPARATION

1. In a medium saucepan, combine all ingredients. Bring to a gentle boil over medium-low heat.
2. Reduce the heat to low. Cover and simmer for about 8 minutes, or until the dates are very soft.
3. Remove from the heat. Using an immersion blender, purée until smooth. Let cool completely.
4. Transfer to an airtight container and refrigerate.

SERVING SUGGESTIONS

This homemade barbecue sauce is lower in sodium and contains no preservatives commonly found in store-bought sauces. Serve sauce with meat or fish, using about 1 tablespoon per serving.

To use as a marinade, use about ½ cup sauce for 2 chicken breasts.

STORAGE

Store in an airtight container in the refrigerator. For best quality, use within 1 week.

Nutrient Analysis

Per serving: 1 tablespoon

Calories	**13 Kcal**
Protein	**0 g**
Carbohydrates	**16 g**
Fibre	0 g
Sugars	2 g
Total Fat	**0 g**
Saturated Fat	0 g
Cholesterol	**0 mg**
Sodium	**11 mg**
Potassium	**34 mg**
Phosphorus	**5 mg**

Calculation example: When approximately ½ cup of sauce is used to marinate 4 servings of chicken breast, the sauce adds about 14 mg sodium and 41 mg potassium per serving.

Suitable for

- ✓ **CKD, not on dialysis**
- ✓ **Hemodialysis**
- ✓ **Kidney transplant**
- ✓ **Diabetes**

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