Ginger Miso Sauce

Vibrant Asian flavors, rich in natural probiotics

Preparation time 10 minutes

Makes 6 servings

Ingredients

- 3 tablespoons miso paste (or substitute 3 tbsp of reduced sodium soy sauce)
- 3 tablespoon water (reduce water to 1 tablespoon if using soy sauce)
- 2 tablespoons honey, agave or sugar
- 3 tablespoons of apple cider vinegar (or any type you like)
- 3 tablespoons extra virgin or light olive oil
- 1-2-inch piece fresh ginger, peeled and grated
- Green parts from one bunch of scallions, thinly sliced

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Directions

1. Combine ingredients in a bowl and mix well with a whisk. Delicious as a salad dressing or sauce for veggies, rice, noodles or proteins.

Nutrition

- Serving size 3 tablespoons
- Calories 95, Carbs 8g, Added sugar 6g, Fiber 0g
- Fat 7g, Saturated fat 1g, Protein 0g, Sodium 239mg, Potassium 21mg

WATCH, TASTE, LEARN Healthy Cooking Class

Elizabeth Caruthers, RDN, CDCES Nutrition and Diabetes Program Coordinator

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Community Health & Wellness

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Tips

- Miso paste is rich in probiotics. Find it in the refrigerated section of produce aisle.
- Ginger keeps well in the freezer. Use a micro-plane to finely grate frozen ginger.
- Save 2 inches of the root end of your scallions and place them in a glass of water. They will regrow more green shoots in 2 weeks.

Elizabeth Caruthers, RDN, CDCES

Registered Dietitian-Nutritionist

Certified Diabetes Education Specialist

Looking for support?

A registered dietitian-nutritionist and diabetes educator can help you build a foundation of better health. Services at Community Health and Wellness are covered by HUSKY, Medicare, private insurance, and financial assistance.

Nutrition Counseling

- Nutritional assessment and individualized guidance based on your health conditions and laboratory results.

Diabetes Prevention Program

- Weekly groups led by a registered dietitian-nutritionist with peer support to keep you motivated.

Diabetes Education Program

- Individual appointments to help you gain the knowledge, skills and confidence to manage your diabetes well.

Watch, Taste, Learn

- Healthy cooking classes, recipe demonstrations and tastings.

Want to learn more?

Contact Elizabeth Caruthers, Nutrition and Diabetes Program Coordinator at 860-489-0931 x1110 or ecaruthers@chwctorr.org.