

Spicy Orange Sauce

Makes 1-2 servings (1 fruit)

0.5 gram protein

1 gram fat

25 calories per serving

Ingredients

- ½ orange, rolled and slightly juiced with rind
- ½ lemon, slightly juiced and with rind
- ½ cup water
- 1 tablespoon green onion, minced
- 1 tablespoon onion, minced
- 1 clove garlic, crushed
- ¼ teaspoon ginger powder
- ¼ teaspoon garlic powder
- Pinch of orange and lemon zest
- Pinch of cayenne pepper
- Stevia to taste



Directions

1. In a small saucepan, add slightly juiced orange with rind and ½ lemon with rind to water.
2. Bring to a boil, reduce heat and simmer, adding water as needed.
3. Simmer until the pulp comes out of the rinds.
4. Scrape out the pulp and discard the rinds.
5. Continue stirring and reducing down the liquid by half until desired consistency is reached.
6. Add onion, Stevia, and spices.
7. Add chicken, white fish or beef and sauté or pour spicy orange sauce over desired cooked protein.
8. Serve with remaining orange slices for garnish.



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