

Crazy for condiments!

Some of our favorite foods just wouldn't be the same without ketchup, barbecue sauce, mayo, and other condiments on the side. All of those little "extras" can add up to a lot of calories throughout the week though, so choose wisely! Here's a little help with a great recipe from Harris Teeter's "Your Wellness" recipe series, for a Pomegranate BBQ sauce, that is high in anti-oxidants and flavor! Try it with grilled chicken strips, or on your favorite lean burger!

Pomegranate BBQ Dipping Sauce

6oz. can tomato paste
½ cup 100% pomegranate juice
1 tbsp. Worcestershire sauce
2 tbsp. apple cider vinegar
1/8 tsp. granulated garlic
½ tsp. chili powder
Salt and pepper to taste
Mix all ingredients together & Enjoy!