

Orange Barbecue Sauce

Sally Curtiss

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1/2 cup orange juice
1/3 cup catsup
3 tablespoons brown sugar
2 tablespoons lemon juice
1 tablespoon onion, minced
1 tablespoon soy sauce

In a bowl, combine all of the ingredients. Mix well.

(Good on fish fillets, such as orange roughy.)

Per Serving (excluding unknown items): 261 Calories; 1g Fat (1.7% calories from fat); 3g Protein; 66g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1980mg Sodium. Exchanges: 1/2 Vegetable; 1 Fruit; 3 Other Carbohydrates.