

Sweet-Sour Sauce

Trilby Wiedman

Silverdale Chamber Of Commerce Favorite Recipes - 1991

*3/4 cup sugar
1/4 cup soy sauce
3 tablespoons cornstarch
1/3 cup cider vinegar
2/3 cup pineapple juice*

In a saucepan, combine all of the ingredients.

Cook until clear.

Optionally, you can add pineapple chunks, red pepper chunks, green pepper chunks and red onion wedges.

Per Serving (excluding unknown items): 814 Calories; trace Fat (0.2% calories from fat); 4g Protein; 205g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 4121mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Vegetable; 1 1/2 Fruit; 10 1/2 Other Carbohydrates.