



Sweet & Sour Sauce for Crab Cakes

We love to add the optional pepper and pineapple chunks to this recipe—it's a tasty way to sneak more fruits and vegetables into your family's diet!

Serves: 6

Ingredients

- 1/3 cup white or rice vinegar
- 4 tablespoons brown sugar
- 1 tablespoon ketchup
- 1 teaspoon soy sauce
- 2 teaspoons cornstarch
- 4 teaspoons water
- 1 green pepper, cut into chunks (optional)
- 1/2 cup pineapple chunks (optional)

Directions

1. Mix the vinegar, brown sugar, ketchup and soy sauce together in a small pot. Bring to a boil.
2. Mix together the cornstarch and water. Add the cornstarch and water mixture to the other ingredients.
3. If desired, add the optional green pepper and pineapple chunks.
4. Stir to thicken.
5. Serve warm on top of crab cakes.

Note: for a thicker sauce, increase the cornstarch to 4 teaspoons.