



Wonton Dip Recipe

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| Preparation Time | 5 |
| Cooking Time | 10 |
| Serving Size | 4 |

Ingredients:

- 1/4 cup DEL MONTE Sweet Blend Ketchup (320g)
- 1/4 cup DEL MONTE Red Cane Vinegar
- 1/2 cup sugar, white
- 2 Tbsp cornstarch, dissolved in 1/4 cup water
- 1/3 tsp salt

Preparation:

1. In a sauce pan, combine all ingredients and mix well. Bring to a boil then simmer while stirring until thick. Serve with fried wonton.

Chef's Tip

Dissolve cornstarch thoroughly in water before adding to hot liquid then mix well as you are adding. This is to prevent the sauce from being lumpy.

Lusog Notes

Did you know that tomato ketchup contains lycopene? Lycopene is an antioxidant that may help reduce risk of heart diseases.

Cooking Skills Needed

- Boiling
- Mixing
- Simmering

Cooking Tools

- Measuring Cups
- Measuring Spoon
- Spatula