



## Wonton Dip Recipe

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<b>Preparation Time</b>	<b>5</b>
<b>Cooking Time</b>	<b>10</b>
<b>Serving Size</b>	<b>4</b>

### 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