

What's in Season...



BLUEBERRY BALSAMIC SAUCE

INGREDIENTS

3/4 cup fresh blueberries
1 cup balsamic vinegar
2 tbs fresh rosemary
2 tbs fresh thyme

NUTRITION FACTS

Serving size: 1/4 cup of
sauce
Calories: 48
Protein: 0.3 grams
Carbs: 9.9 grams
Fat: 0.1 gram

DIRECTIONS

1. Place the blueberries and balsamic vinegar in a sauce pan and bring to a boil.
2. Once boiling, turn it down to low and let simmer, stirring occasionally and smashing the blueberries, until thick
3. Stir in rosemary and thyme.

This sauce would be great on fish, chicken, pork, or baked brie. Asparagus and Brussels sprouts make great sides with blueberries.