

Recipe of the Month

Savory Blueberry Balsamic Sause (Adapted from Rocky Mountain Cooking)

Ingredients:

- 2 Tablespoons Ghee
- 2 Tablespoons Olive oil
- 1/4 cup minced shallots
- 2 teaspoons minced garlic
- 2 Tablespoons minced fresh rosemary
- 1/2 cup balsamic vinegar
- 2 cups fresh blueberries
- 1/4 teaspoon salt
- 1/2 teaspoon pepper



Directions:

- 1) In a large pan melt one Tablespoon of Ghee with the olive oil. Add the shallots, garlic, and rosemary, sauté for 2 minutes.
- 2) Add the salt, pepper and blueberries. Stir in the balsamic vinegar. Reduce heat to low and simmer for 5 minutes or until blueberries begin to soften and the sauce begins to reduce.
- 3) Add the remaining 1 Tablespoon of Ghee and cook for another 3 minutes.
- 4) Serve hot over chicken or pork.

NUTRIENTS OF THIS RECIPE:

This sauce has no added sugar and is a great addition to chicken, pork, or beef for a savory addition.

The ingredients provide a rich source of Vitamin C, Vitamin E, and Vitamin K along-with phytonutrients of Lutein, Zeaxanthin, and Beta-carotene. Manganese is the most abundant mineral in this recipe.