



Balsamic Strawberries

Makes 6 servings

The balsamic vinegar brings out strawberries' beautiful color and flavor. Great served as a topping on low fat ice cream, angel food cake, as dressing on your favorite spinach salad or simply by themselves.

1 pound	Fresh strawberries, hulled and large berries cut in half
2 Tbsp	Balsamic vinegar
3 Tbsp	White sugar
¼ tsp	Ground pepper (optional)

- Cut large strawberries in half.
- Place strawberries in bowl or plastic container.
- Pour vinegar over strawberries and sprinkle with sugar. Gently stir to combine.
- Cover and refrigerate for at least 1 hour but not more than 4 hours to allow flavors to combine.
- Add ground pepper before serving (optional).

Nutritional information:

Calories: 48	Total Fat: 0g
Sodium: 0mg	Total Carbohydrate: 12g
Dietary Fiber: 1.5g	