



Balsamic Strawberries

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.

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

Makes 6 servings

- Place strawberries in bowl.
- 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
Sodium: 0mg
Dietary Fiber: 1.50g

Total Fat: 0g
Total Carbohydrate: 12g