

Maple Balsamic Roasted Strawberries

Makes 3 cups

- 1 pound whole strawberries, hulled, cleaned and dried
- 2 tablespoons balsamic vinegar
- 2 teaspoons maple syrup

Directions

Preheat oven to 350° F. Line a baking sheet with parchment paper. Cut large berries in half, so that they are all about the same size, and toss with the balsamic vinegar and maple syrup in a medium bowl. Spread berries out evenly over the baking sheet and roast 35 to 45 minutes, until the berries are soft and there is a juicy sauce around them.

Let cool slightly and serve on vanilla ice cream, with granola, or spread on bread like jam.



NUTRITION INFORMATION PER ½

CUP:

Calories	59
Protein	1 g
Carbohydrates	14 g
Fiber	3 g
Fat	0 g
Sodium	3 mg
Potassium	242 mg

Cost per serving: \$.95 cents

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