

Blueberry Sauce

Recipe by John Rosso & Sheila Lukins - The Tampa Tribune (from The New Basics Cookbook, Workman Publishing Co.)

Yields 2 cups

Ingredients

- 4 cups fresh or frozen (thawed) blueberries
- 1/2 cup sugar
- 2 Tbsp red wine vinegar
- 1/4 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/8 tsp ground mace
- 1/8 tsp ground cloves

Instructions

1. Place blueberries in a medium-size heavy saucepan. Add remaining ingredients and toss gently.
2. Cook over medium heat, stirring frequently, for 15 minutes.
3. Raise heat and boil for 5 minutes.
4. Reduce heat to medium again and cook, stirring frequently, for 10 minutes.
5. Remove the sauce from the heat and allow it to cool to room temperature.
6. Refrigerate until chilled, about 2 hours.

BLUEBERRY SAUCE

THE TAMPA TRIBUNE

**THE NEW BASICS COOKBOOK BY JOHN ROSSO & SHEILA
LUKINS (WORKMAN PUBLISHING CO.).**

Serve over fresh summer fruit, low-fat frozen yogurt, ice cream or angel food cake.

4 c. fresh/frozen (thawed) blueberries	
$\frac{1}{2}$ cup sugar	2 TB. red wine vinegar
$\frac{1}{4}$ tsp. grd. cinnamon	$\frac{1}{4}$ tsp. grd. nutmeg
$\frac{1}{8}$ tsp. grd. mace	$\frac{1}{8}$ tsp. grd. cloves

Place blueberries in a medium-size heavy saucepan. Add remaining ingredients and toss gently. Cook over medium heat, stirring frequently, for

15 minutes. Then raise heat and boil for 5 minutes. Finally, reduce heat to medium again and cook, stirring frequently, for 10 minutes.

Remove the sauce from the heat and allow it to cool to room temperature. Refrigerate until chilled, 2 hours.

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NUTRITION DATA PER TABLESPOON: 23 calories, no protein, no fat, no cholesterol, 3 g complex carbohydrates, 3 g sugar, no dietary fiber, 1 mg sodium, 3 percent calories from fat.