

Fat Free Fig, Prune & Balsamic Dressing

(Makes 8 servings – Serving Size: 1.5 tablespoons)

Ingredients:

- 3 dried prunes
- ½ cup fresh fig – cut in quarters (about 2 figs)
- ¾ cup water
- ½ cup balsamic vinegar – 3 or 4 leaf qualities
- 1 teaspoon dijon mustard
- 1 teaspoon garlic - minced
- ½ teaspoon salt
- ¼ teaspoon black pepper



Allergen Warning: *This recipe contains ingredients that may cause allergic reactions in some individuals. Please change this recipe as needed if you have allergies to certain foods.*

Directions:

1. Place prunes, figs and water in sauce pan, simmer until 3 tablespoons of water remains.
2. In a food processor, add plums, figs, reduced liquid and remaining ingredients pulsing until smooth.

Chef Note:

- If reduced water is less than 3 tablespoons just add more water to equal 3 tablespoons.
- If fresh figs are not available, substitute 3 dried figs.
- Remember that recipes are never set in stone. As long as you stay within your recommended health guidelines, feel free to alter the ingredients to your taste, budget and pantry!

Nutritional Analysis: (per serving)

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|---------------------|---------------------|
| ▪ Calories: 60 | ▪ Total Fiber: 1g |
| ▪ Saturated Fat: 0g | ▪ Protein: 0g |
| ▪ Sugars 10g | ▪ Carbohydrate: 15g |
| ▪ Sodium: 160 mg | ▪ Cholesterol: 0 mg |

Source:

Cleveland Clinic Wellness Institute