

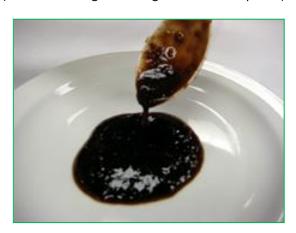


# Fat Free Fig, Prune & Balsamic Dressing

(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)

■ Calories: 60

■ Saturated Fat: 0g

■ Sugars 10g

■ Sodium: 160 mg

■ Total Fiber: 1g

■ Protein: 0g

Carbohydrate: 15g

■ Cholesterol: 0 mg

#### Source:

Cleveland Clinic Wellness Institute