

Spicy Blackberry Pomegranate Sauce

Ingredients:

- 3 cups blackberries
- 1/2 teaspoon balsamic vinegar
- 1 cup pomegranate arils, may be substituted with 3/4 cup pomegranate juice or 1 cup blackberries
- 1 tablespoon cornstarch
- 2/3 cup sugar
- 1 tablespoon cold water
- 1 jalapeño pepper, seeded and roughly chopped

Directions

1. Combine blackberries, pomegranate arils, sugar, jalapeño, and vinegar in a medium saucepan. Bring to boil, stirring frequently to prevent scorching. Reduce heat and simmer 10 – 15 minutes or until blackberries have broken down significantly. Continue to simmer, mashing blackberries against side of pan until blackberries are pulpy. Remove from heat.
2. Strain blackberry pulp through a fine mesh strainer until smooth, this may take multiple passes, and discard pulp. Return blackberry mixture to saucepan and bring to boil. Whisk together cornstarch and water in a small cup or bowl. Add cornstarch mixture to boiling blackberry mixture and stir about 1 minute or until mixture is thickened and clear.
3. Serve as a drizzle over cream cheese with crackers, mixed with olive oil for a salad dressing, or use to marinate chicken or whitefish.

Nutrition Facts

Serving Size 2 Tablespoons (45g)
Servings Per Container 16

Amount Per Serving

Calories 45 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 11g **4%**

Dietary Fiber 2g **8%**

Sugars 9g

Protein 1g

Vitamin A 2% • Vitamin C 15%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

