

Balsamic Port Sauce with Dried Cherries and Rosemary

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Start to Finish Time: 30 minutes

This is a sweet and sour sauce. Can be drizzled over sausages, baked sweet potatoes, etc.

1 cup dried pitted sweet cherries
1 teaspoon olive oil
3 (1/2 cup) shallots, minced
1 1/2 teaspoons fresh rosemary, minced
1/4 teaspoon ground allspice
1 cup ruby port
1/2 cup orange juice
1/2 cup low-sodium vegetable broth
1/3 cup balsamic vinegar
2 teaspoons cornstarch

Place the cherries in a saucepan with one cup of hot water. Bring to a boil. Reduce the heat to low and simmer for 3 minutes. Remove from the heat and set aside.

Heat the oil in a skillet over medium heat.

Add the shallots, rosemary and allspice. Saute' for 3 minutes.

Stir in the port, orange juice, broth and vinegar.

Drain the cherries and add the soaking liquid to the saucepan. Bring the mixture to a boil. Reduce the heat to low and simmer for 12 minutes.

Dissolve cornstarch in one tablespoon of cold water in a bowl. Add to the port mixture and cook for 1 minute or until the sauce thickens.

Stir in the cherries.

Season with salt and pepper, if desired.

Yield: 2 cups

Per Serving (excluding unknown items): 303 Calories; 5g Fat (13.9% calories from fat); 7g Protein; 64g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 32mg Sodium. Exchanges: 1/2 Grain(Starch); 8 Vegetable; 1 1/2 Fruit; 1 Fat.