

Balsamic Cranberry-Fig Compote

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Yield: 3 cups

*1 cup water
juice of one orange
1 cup dried figs, chopped
1 cup sugar
1 cinnamon stick
1 package (10 ounces) fresh or frozen
cranberries
2 tablespoons balsamic vinegar
zest of one orange
pinch salt*

In a large saucepan, bring the water to a boil. Remove from the heat. Stir in the orange juice and dried figs. Let stand for 15 minutes.

Return the saucepan to medium-high heat. Add the sugar and cinnamon stick. Bring to a boil. Add the cranberries. Reduce the heat. Simmer for 10 minutes or until the cranberries start to burst.

Remove from the heat. Stir in the balsamic vinegar, the orange zest and a pinch of salt. Cool completely.

Transfer to a jar. Refrigerate up to three weeks.

Per Serving (excluding unknown items): 1321 Calories; 3g Fat (1.7% calories from fat); 6g Protein; 342g Carbohydrate; 32g Dietary Fiber; 0mg Cholesterol; 35mg Sodium. Exchanges: 1/2 Grain(Starch); 8 1/2 Fruit; 0 Fat; 13 1/2 Other Carbohydrates.