

Fig Andouille Compote

1 Tbsp. Olive Oil
2 Links of Pre-cooked Andouille Sausage
1.5 C. Figs, diced (one basket, 10 pieces)
½ C. Onion, diced
1 Heaping Tbsp. Raspberry Jam (any jam
will be fine)
2 Tbsp. Balsamic Vinegar
½ tsp. Fresh Rosemary, chopped finely
Salt & Pepper to taste

Heat olive oil in a sauté pan over medium heat. Add sausage and onions, cooking until the onions are translucent. Add in the figs, and stir occasionally until the onions caramelize and everything melts together, about 10 minutes. Finish with jam, vinegar, rosemary, and salt & pepper. Heat through, and use to top your favorite burger. Add fresh parsley on top for a herbaceous finish. Serves 4.

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Nutrition Information per serving:

Servings	4
Calories	252
Fat	12.8g
Saturated Fat	3.6g
Cholesterol	29.8mg
Sodium	623.7mg
Carbohydrates	26.8g
Fiber	3.3g
Sugars	21.3g
Protein	9g

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