

Savory Blueberry Onion Compote

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1 Tablespoon Extra Virgin Olive Oil
1 Cup Diced Sweet Onion
1 Cup Fresh Blueberries
1/3 Cup Balsamic Vinegar

1/2 Teaspoon Salt
1/8 Teaspoon Pepper
3/4 Teaspoon Chopped Fresh Rosemary
1 Tablespoon Unsalted Butter

Heat the extra virgin olive oil over medium-low heat in a small pot. Add the diced onion, and cook for 30 minutes, stirring occasionally, until the onions are caramelized. Turn the heat up to medium and add the blueberries, salt, pepper, and rosemary in with the onion. Cook for 5 minutes, stirring occasionally, until the berries look taugt, as if they are ready to burst. Pour in the balsamic vinegar and reduce the mixture for about 5 more minutes, while mashing the berries with the back of a wooden spoon. Once the mixture is reduced and thickened, remove from heat, and finish with a tablespoon of butter, stirring until the butter is melted, and fully incorporated into the sauce for a silky finish. Use the compote to top any grilled meat or burger to add a simple and easy gourmet flair to your meal! My favorite way to indulge in this unique compote is on a beef hamburger, with the addition of young goat cheese and arugula.

Serves 4

Serving Size: 2 Tablespoons

Nutritional Information per serving:

Calories	112
Total Fat	6.6g
Saturated Fat	2.4g
Cholesterol	7.4mg
Sodium	227.3mg
Carbohydrates	12.8g
Fiber	1.6g
Sugars	8.6g
Protein	.9g