

## Strawberries in Balsamic Syrup

1½ cups balsamic vinegar

⅓ cup packed light brown sugar

½ tsp. pepper

¼ tsp. allspice

2 pints (2 lb.) strawberries, hulled and thickly sliced

1½ pints vanilla ice cream or frozen yogurt



1. In small saucepan, combine vinegar, brown sugar, pepper and allspice. Bring to a boil over medium heat. Boil until mixture is thick, syrupy and reduced to ½ cup, about 12 minutes. Let cool to room temperature.
2. Place strawberry slices in large bowl, add cooled syrup, and toss to coat berries. Serve over ice cream.

Makes 6 servings

Per serving: 264 calories, 7.8 g fat, 48 g carbohydrates (3.4 g fiber), 4 g protein, 74 mg sodium

### Different spins

- Serve over rice pudding or toasted slices of pound cake.
- Use a deeply flavored honey in the syrup instead of the brown sugar.
- Serve as a sweet-savory sauce with broiled flank steak, grilled chicken or roast pork loin.