Blueberry Relish
Serving size: 2 tablespoons
Serves: 20

Ingredients:
⅔ cup blueberries, fresh or frozen
⅔ cup fresh tomatoes, diced
2½ teaspoon fresh cilantro, chopped
2½ teaspoon fresh mint, chopped
1½ teaspoon balsamic vinegar
⅔ cup Pecans, chopped
⅔ cup Dried cranberries
Makes about 2⅔ cups

Directions:
1. Combine the relish ingredients in a small mixing bowl.
2. Stir to blend well.
3. Serve approximately 2 tablespoons on 2 slices of turkey as a decorative relish.

Exchanges per serving:
½ Fruit

Nutrients per serving:
Calories: 41
Calories from fat: 22
Total Fat: 3g
Cholesterol: 0mg
Sodium: 1mg
Total Carbohydrate: 5g
Dietary Fiber: 1g
Protein: 0g