

Blueberry Relish

Serving size: 2 tablespoons

Serves: 20

Ingredients:

$\frac{2}{3}$ cup blueberries, fresh or frozen
 $\frac{2}{3}$ cup fresh tomatoes, diced
 $2\frac{1}{2}$ teaspoon fresh cilantro, chopped
 $2\frac{1}{2}$ teaspoon fresh mint, chopped
 $1\frac{1}{2}$ teaspoon balsamic vinegar
 $\frac{2}{3}$ cup Pecans, chopped
 $\frac{2}{3}$ cup Dried cranberries
Makes about $2\frac{1}{2}$ 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:

$\frac{1}{2}$ 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