Whole Health Institute



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Balsamic Roasted Strawberries

These sweet and tangy strawberries are delicious served layered into a parfait or over the top of vanilla bean ice cream.



Prep time: 5 minutes **Cook time:** 40 minutes **Total time:** 45 minutes

Serves 4

Ingredients

- o 1 pound fresh strawberries, hulled and halved or quartered if large
- o ¼ cup aged balsamic vinegar
- 1 tablespoon sugar

Instructions

- 1. Preheat oven to 350°F degrees.
- 2. Place berries in a 9x13-inch glass baking dish then gently toss with vinegar and sugar. Once coated, spread strawberries out evenly and roast for 40 minutes or until the strawberries are soft, but not mushy. Stir once halfway through.
- Cool completely and store covered in the refrigerator for up to 10 days.

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