

Chef's Choice Fruit Compote



This quick and easy fruit sauce is a great topping for pancakes, French toast, or in a yogurt parfait.

YIELD 6 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 25 MIN
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INGREDIENTS

2 cups	Fresh or Frozen Fruit (see chef's note)
1 Tbsp	Sugar
2 tsp	Water
½ each	Lemon, zested and juiced

CHEF'S NOTES

This recipe works well with strawberries, blueberries, blackberries, raspberries, cherries, or a combination. You can also try frozen pineapple, mango, or peaches!

Store any leftovers in the refrigerator for up to one week. Reheat gently before serving, if desired.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Add all ingredients to a small saucepan and place over medium-low heat.
3. Bring the mixture to a boil then reduce to a simmer and cook until thickened and the fruit has begun to break up, about 20 minutes.
4. Remove from heat and let cool slightly before serving.

Nutrition Facts

6 servings per container

Serving Size 2 Tbsp (67 g)

Amount per serving

Calories 35

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 9g 3%

Dietary Fiber 2g 6%

Total Sugars 7g

Includes 2g Added Sugars 4%

Protein 0g 0%

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 77mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from *Health meets Food*, "Chef's Choice Fruit Compote" (3/27/20)



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