CARAMELIZED BALSAMIC GLAZE

INGREDIENTS:

2 tbsp.	Sugar
6 tbsp.	Water
½ cup	Dark balsamic Vinegar
1 tbsp.	Olive oil
3 cloves	Garlic, minced
½ tsp.	Salt
To taste	Black pepper

METHOD:

- Heat small sauce pan, to medium low heat.
- Add sugar and water, and heat until sugar starts to caramelize. Watch this very carefully, and keep heat on medium to medium low to prevent burning the sugar.
- Then add dark balsamic vinegar, garlic, olive oil, salt and pepper once sugar is caramelized. Be careful when pouring in the balsamic vinegar as it will steam up on you really quick and sizzle.
- Turn heat off.
- Stir with whisk and then let mixture rest.
- Once cooled you may drain off the garlic and then use or store for later.

FOR ONION VINAIGRETTE:

- Sauté diced onions and stir into the caramelized vinaigrette.

FOR HOT BACON VINAIGRETTE:

- Sauté diced onions with pieces of turkey bacon or Canadian bacon
- Stir in vinaigrette.

Servings: 6
Serving Size: 1 tbsp.
Calories: 15
Fat: 2 gm.