

## All-Purpose Balsamic Honey Glaze

*Try this on poultry, seafood, pork, vegetables, or fruit . . . makes approx. 1 cup / 8 servings*

### *Ingredients:*

- ½ cup balsamic vinegar;
- ¼ cup **honey**;
- 2 Tbs Dijon mustard;
- 2 cloves garlic, minced;
- 1 tsp chopped fresh herbs (rosemary, thyme, oregano, etc.);
- salt & pepper to taste

### *Process:*

- Combine ingredients in small sauce pan & bring to boil;
- reduce heat to simmer & cook, stirring occasionally, till slightly thickened, 3 to 5 minutes;
- cool & store in refrigerator up to 10 days.

*To use on pork chops, poultry, salmon fillets: can be used as a marinade, or, alternative: preheat oven to 350 degrees F.; sear protein on both sides in skillet over medium-high heat with a little oil, till golden brown; transfer to baking dish and pour glaze over protein to coat; roast till desired doneness reached.*

*On winter squash: add 2 Tbs melted butter to glaze mixture; preheat oven to 425 degrees F.; halve squash & remove seeds; arrange in shallow baking dish; coat squash with glaze & roast till golden & tender, 30 to 45 minutes, depending on size of squash.*

*On fruit (pears, figs, peaches, etc.): leave out the mustard & garlic; add a pinch of spice (cinnamon, cardamom, or clove); preheat oven to 400 degrees F.; wash, halve, & core fruit (if necessary) & place in baking dish; coat with glaze; bake till fork-tender.*