



Fresh Chilean Blueberry Warm Compote and Brie Cheese Crostini

INGREDIENTS

1/2 red onion, diced
2 Tbsp. olive oil
2 Tbsp. fresh mint, minced
2 cups fresh blueberries
1/2 cup sugar
2 Tbsp. red wine vinegar
1/2 cup apple juice
6-8 oz. brie, sliced
16 slices of baguette, toasted
optional garnish: chopped candied almonds

INSTRUCTIONS

Sauté onion in olive oil in a medium sauté pan until tender, about 5 minutes. Add mint, blueberries, sugar, vinegar and juice. Cook until juice reduces and sugar dissolves, 10 to 15 minutes. Let mixture cool to warm or room temperature.



To assemble: Arrange baguette slices on platter. Top with a slice of brie. Spoon on blueberry compote. Serve at room temperature.

SERVES 8

NUTRIENTS PER SERVING

148 calories, 54 calories from fat, 6 gms fat, 2 gms saturated fat, 11 mg cholesterol, 190 mg sodium, 1 gm dietary fiber, 5 gms protein

Recipe from the Chilean Fresh Fruit Association



www.ChileanFruitOnline.com



Fresh Chilean Blueberry and Cranberry Relish

INGREDIENTS

1 cup fresh blueberries
1 cup fresh orange juice
8 oz. fresh cranberries
1 Tbsp. orange zest
3/4 cup sugar
1 tsp. vanilla

INSTRUCTIONS

Combine all ingredients in a medium saucepan over medium heat. Cook until the sugar dissolves and the berries soften, about 15 minutes. Remove from heat, cover and chill. Best made in advance to let flavors blend.

Serving suggestions: Include as a side dish on traditional holiday dinner plates. Pour over turkey, pork or ham. Add to a turkey and cream cheese sandwich to freshen up leftovers. Top vanilla ice cream, sorbet, or frozen yogurt.

SERVES 12 (1/4-cup servings)

NUTRIENTS PER SERVING

76 calories, 0 fat, 0 saturated fat, 0 cholesterol, 0 sodium, 0 dietary fiber, 0 protein

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Deep Dish Fresh Chilean Blueberry Pie

INGREDIENTS

1 cup sugar
6 Tbsp. quick-cooking Tapioca
8 cups fresh Chilean blueberries
juice of 1 orange
pastry dough for a large double crust pie
1 egg mixed w/1 Tbsp. milk

INSTRUCTIONS

Preheat oven to 375°F.

In a large mixing bowl toss together sugar, tapioca, blueberries and juice. Roll out pastry bottom on a well-floured surface to fit in pie dish. Place in the bottom of a 9-½ inch deep-dish pie plate. Spoon filling into pie dish. Chill while rolling out top layer of pastry. Cut out 5 or 6 small holes in pastry top using a decorative cookie cutter. Gently roll dough onto top of pie. Crimp edges of pastry to form a tight seal and decorative trim. Brush pie with egg and milk wash.



Bake pie on a tray for 45 to 50 minutes. The blueberry filling should be bubbly and the crust golden brown. Cool before serving.

SERVES 10

NUTRIENTS PER SERVING

443 calories, 16 gms fat, 144 calories from fat, 4 gms saturated fat, 21 mgs cholesterol, 9 mg sodium, 4 gm dietary fiber and 4 gms protein.

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