

## Fig and Goat Cheese Crostini

### Ingredients

- 1 French baguette
- 1/4 cup unsalted butter
- 1/4 cup olive oil
- 1/2 cup goat cheese crumbles
- 1/2 cup fig spread or preserves
- 2 tablespoons balsamic vinegar glaze

Makes 12 servings, 1 serving is 2 pieces

### Preparation

1. Preheat the oven to 375° F. Slice the baguette into 24 slices, 1/2-inch each.
2. To make the crostini melt the butter; stir in the olive oil. Brush both sides of each bread slice with the butter mixture and place on a baking sheet.
3. Bake the crostini's for 5-7 minutes. Turn slices over and bake 5 minutes longer or until crisp and golden brown.
4. Spread 1 teaspoon of fig spread on each crostini. Sprinkle 1 teaspoon goat cheese crumbles on top. After all the crostini is assembled drizzle with balsamic vinegar glaze.

### Nutrients per serving

Calories 178, Protein 4 g, Carbohydrates 18 g, Fat 10 g, Cholesterol 14 mg, Sodium 150 mg, Potassium 86 mg, Phosphorus 47 mg, Calcium 39 mg, Fiber 1.0 g

JANUARY 2019 RECIPE OF THE MONTH

