

Goat Cheese and Fig Bruschetta

Fresh twist on traditional bruschetta



Figs are an excellent source of fiber and can help aid digestion.

Ingredients

1¼ cups chopped, dried Mission figs (about 9 ounces)
1/3 cup sugar
1/3 cup coarsely chopped orange sections
1 teaspoon grated orange rind
1/3 cup fresh orange juice (about 1 orange)
½ teaspoon chopped fresh rosemary
¼ teaspoon freshly ground black pepper
4 (½ inch thick) slices French bread baguette, toasted
1¼ cups (10 ounces) crumbled goat cheese
5 teaspoons finely chopped walnuts

Directions

Combine first 7 ingredients in a small saucepan; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until figs are tender. Cook five minutes or until mixture thickens. Remove from heat; cool to room temperature.

Preheat broiler.

Top each bread slice with 1½ teaspoons fig mixture and 1½ teaspoons goat cheese. Arrange bruschetta on a baking sheet; sprinkle evenly with walnuts. Broil two minutes or until nuts begin to brown. Serve warm.

Nutritional Information (Per serving - two slices)

Calories 138
Fat 4.7 g
Saturated fat 2.3 g
Cholesterol 7 mg
Sodium 121 mg
Carbohydrates 21 g
Fiber 2.1 g
Protein 4.2 g
Calcium 45 mg

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