

# SWEET POTATO "CROSTINI", PEAR, GOAT CHEESE, FIG AND ARUGULA **FIT**

Portion Size: 2 each

Yield: 15 servings



Cooking Spray	as needed
Sweet Potatoes, about 2" diameter	2 lbs
Salt	1/4 tsp
Bosc Pears, sliced thin, skin on	1 lb
Lemon Juice	2 TBSP
Fig Fruit Spread	1/3 cup
Arugula	2 cups
Goat Cheese, crumbled	1/2 cup

1. Place a wire cooling rack on top of a sheet tray and spray with non-stick cooking spray (if you don't have a wire rack, prepare a parchment-lined sheet tray with non-stick cooking spray and flip potatoes halfway through cooking). Trim ends from sweet potato (do not use parts of sweet potato less than 2" in diameter); do not peel. Cut potatoes into rounds about 1/3" thick.
2. Lay sweet potatoes on prepared sheet tray/rack and sprinkle with salt. Cook in 350°F oven until just tender, about 25 minutes. Cool "crostini".
3. Toss sliced pears with lemon juice to prevent from browning.
4. To assemble each crostini, layer the following on each sweet potato "crostini" slice: 1/2 tsp fig spread, about 3 arugula leaves, 2 pear slices, 1 tsp goat cheese.

Nutrition Info: Cal: 105, Total Fat: 2.5g, Sat Fat: 1.5g, Sodium: 97mg, Carbs: 19g, Protein: 3g, Sugar: 9g, Fiber: 2.5g

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# CHARRED CHILI HONEY BROCCOLI, RICOTTA CROSTINI

Portion Size: 2 each

Yield: 12 servings



French Bread, baguette	1 each
Canola Oil	2 TBSP
Broccoli Florets	1 1/2 lbs
Canola Oil	2 TBSP
Salt	1/2 tsp
Black Pepper	1/4 tsp
Honey	3 TBSP
Red Chili Pepper, flakes	1/2 tsp
Ricotta Cheese, part skim	3/4 cup

1. Cut baguette into 1/2" thick slices. Brush each slice with canola oil. Lay flat on a sheet tray and bake in a 350°F degree oven just until crisp, about 5-7 minutes.
2. Cut broccoli florets small (1/2" or less). Toss broccoli with oil, salt and pepper. Place on a sheet tray and roast in a 400°F degree oven until charred and tender, about 5-8 minutes.
3. Combine honey and chili flakes in a bowl. Toss hot broccoli with honey chili mixture. Hold hot until ready to assemble crostini.
4. Spread each crostini with 1/2 TBSP of ricotta. Top with 2 TBSP of chili honey broccoli florets.

Nutrition Info: Cal: 150, Total Fat: 6g, Sat Fat: 1g, Sodium: 225mg, Carbs: 19g, Protein: 5g, Sugar: 6g, Fiber: 2g

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