

SWEET POTATO “CROSTINI”, PEAR, GOAT CHEESE, FIG, ARUGULA FIT

Serving size: 2 Pieces

Makes 6 servings

- 1 large Sweet Potatoes, fresh
- Cooking Spray
- 1/8 tsp Kosher Salt
- 1 Bosc Pears, fresh, sliced thin
- 2 tsp Lemon Juice, fresh
- 2 TBSP Fig Spread
- ¾ cup Arugula, fresh
- 1/4 cup Goat Cheese

Preparation:

1. Preheat oven to 350°F.
2. Place wire rack onto baking pan lined with parchment.
3. Trim ends of sweet potatoes and slice 1/3" thick and approximately 2" diameter round discs.
4. Spray sweet potatoes with cooking spray and place rounds on wire rack over baking sheet.
5. Sprinkle with Kosher salt and roast in the oven approximately 25 minutes or until tender. Allow to cool.
6. Thinly slice pear vertically into thin wedges.
7. In small bowl, toss pear slices in lemon juice to prevent browning.
8. To assemble, layer each “crostini” in the following order: sweet potato, ½ tsp fig jam, 3 arugula leaves, 2 pear slices, and 1 tsp crumbled goat cheese.



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NUTRITION FACTS PER SERVING

| | |
|------------------------|-----|
| calories | 110 |
| total fat (g) | 2 |
| saturated fat (g) | 2 |
| trans fat (g) | 0 |
| sodium (mg) | 100 |
| total carbohydrate (g) | 20 |
| dietary fiber (g) | 2 |
| sugar (g) | 11 |
| protein (g) | 3 |