



Balsamic Grape Crostini

Ingredients:

- 1 (12 oz.) French bread baguette, (1/2 inch thick) slices
- 2 tablespoons olive oil
- ½ teaspoon of salt
- ¼ teaspoon black pepper
- 2 cloves garlic, minced
- ¼ cup balsamic vinegar
- 1 teaspoon light brown sugar
- 4 cups seedless red grapes
- 1 cup goat cheese
- ¼ cup rosemary, chopped

Instructions:

1. Preheat broiler.
2. Brush each baguette slice with olive oil and sprinkle salt, pepper, and garlic. Broil for 10 minutes. Remove bread from oven
3. Simmer balsamic vinegar and brown sugar in medium sized skillet over medium-low heat. Add grapes are wilted and vinegar is thick and reduced or for about 10 minutes.
4. Coat each slice with a 1 teaspoon of goat cheese on each slice. Top with grape mixture and garnish with chopped rosemary.

Variations:

- Add chopped pecans or pine nuts to garnish.
- Substitute blue cheese.
- Use a mixture of red and green grapes.
- Add chopped red chili flakes to the grape mixture to add some spice.
- Use thyme instead of rosemary.

Prep Time: 10 minutes

Cooking Time: 35 minutes

Equipment:

oven
medium mixing bowl
baking sheet
knife
cutting board
measuring cups and spoons

Servings: 12 servings

Serving Size: 2 slices



Nutrition Facts: 170 Calories, 7 g Fat, 3 g Saturated Fat, 31 g Carbohydrates, 8 g Protein, 2 g Fiber, 11 g Sugar, 380 mg. Sodium.

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

BROUGHT

TO YOU BY: Campus Health Service • Campus Rec • Culinary Services • ASUA • SHAC