

Side

Peach Crostini

15 Mins
Prep Time

3-5 Mins
Cook Time

6
Servings

181 Calories **5g Fat** **28g Carbs** **6g Protein**



Ingredients


6 Servings • **1 Crostini Serving Size** **18-20 Mins Total Time** **Allergens: Gluten, Dairy, Nuts, FODMAPs**

1 Baguette, sliced into 6, 1/4" slices

2 1/2 Ounces Goat Cheese, at room temperature

1 Tbsp Lemon Juice

1 Tbsp Fresh Thyme, minced

1 Ripe Peach, thinly sliced 

2 Tbsp Walnuts, finely chopped 

2 Tbsp Fresh Basil, minced

Salt and Pepper, to taste

Honey, for drizzling

Allergen Swap

Gluten Gluten Free Baguette	FODMAPs Use a gluten free bread; swap out peaches for sliced strawberries; swap out the honey for agave nectar
Dairy Dairy Free Cream Cheese	
Nuts Omit Walnuts	

Nourishment Note



Peaches

Peaches, or "stone fruits", contain the nutrient lutein to promote eye health. They also provide vitamin C to help the body more easily fight infections and lower inflammation.



Walnuts

Walnuts are one of the few plant-based sources of omega-3 fatty acids. These types of fats are important for heart and brain health, as well as reducing inflammation within the body.

Instructions

1. Preheat Oven

Preheat oven to 400 °F.

2. Bake Baguette

Place sliced baguette onto a baking sheet and spray the top of each slice with olive oil. Place in oven and bake until golden brown, about 3-5 minutes.

3. Stir Ingredients

In a medium-sized mixing bowl, stir together the goat cheese, lemon juice, and fresh thyme.

4. Combine and Garnish

Spread goat cheese mixture over each bread slice and top with a few thin slices of peach. Add walnuts, basil, salt, pepper, and a drizzle of honey.

Recipe adapted from halfbakedharvest.com

What You'll Need



Baking Sheet



Cooking Spray



Medium Mixing Bowl



Rubber Spatula

RA Cooking Tips

Goat Cheese: Mix together the lemon juice, thyme, basil, walnuts, salt, and pepper with the goat cheese instead of placing on top of the crostini for easier eating.

Thyme & Basil: Use tubed thyme and basil to minimize food preparation and reduce hand strain.

Lemon Juice: Use bottled lemon juice to minimize food preparation and reduce hand strain.

Baguette: Purchase a pre-sliced baguette or crostini pieces.