

Market District Demo Recipes

Appetizer



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Strawberry Balsamic Bruschetta with Basil

Serves: 10

Modified from: www.Delish.com and www.MyRecipes.com

Items Needed: cutting board, chef knife, baking sheet, measuring spoons, measuring cups, small sauce pan, medium mixing bowl, wooden spoon

Ingredients:

- 1 baguette (10 ounces), cut into 1" slices (about 10 slices)
- ¼ cup extra-virgin olive oil
- 2 Tablespoons light brown sugar
- 2 Tablespoons balsamic vinegar
- 1/8 teaspoon ground nutmeg
- 3 cups sliced strawberries
- 2 cups light ricotta cheese
- 1 teaspoon freshly ground black pepper
- 2 Tablespoons fresh basil, thinly sliced

Directions:

1. Preheat oven to 400 F. Place baguette slices on a medium sheet tray and drizzle or brush with olive oil. Bake until bread is toasted, about 10 minutes.
2. Meanwhile, combine brown sugar, balsamic vinegar, and ground nutmeg in a small saucepan. Bring to a simmer over medium-low heat; cook 2 minutes or until slightly thickened. Stir in sliced strawberries, and remove from heat. Let stand 5 minutes.
3. In a medium bowl, mix ricotta with pepper. Spread each toast with ricotta mixture, then top with strawberries.
4. Garnish with basil and serve.

Nutrition Information (per 1 slice bruschetta):

Calories: 174 Fat: 7.5 g Carbs: 20 g Protein: 6 g Fiber: 1.5 g Sodium: 166 mg