

Roasted Grape and Goat Cheese Crostini

Giving grapes some time in the oven serves to elevate their natural sweetness and makes them a perfect foil for the creamy goat cheese in this delightful appetizer.

2 cups (500 mL) seedless red grapes
4 tsp (20 mL) grapeseed oil or sunflower oil, divided
1/8 tsp (0.5 mL) salt
1/8 tsp (0.5 mL) black pepper
1 small organic (or gluten-free) whole grain baguette
3 oz (85 g) soft goat cheese
2 tsp (10 mL) finely chopped rosemary or fresh thyme
1 tsp (5 mL) lemon zest

Preheat oven to 425 F (220 C). Toss grapes with 2 tsp (10 mL) oil, salt, and black pepper. Arrange grapes in a single layer on baking sheet. Roast until grapes have softened and darkened, about 25 minutes.

Reduce oven temperature to 350 F (180 C). Diagonally cut baguette into 1/2 in (1.25 cm) thick slices, place on baking tray, and brush tops with remaining oil. Bake for 8 minutes, or until toasted.

In small bowl, stir together goat cheese, rosemary or thyme, and lemon zest.

To serve, spread goat cheese mixture on bread slices and top with roasted grapes.

Serves 4.

Each serving contains: 220 calories; 8 g protein; 10 g total fat (4 g sat. fat, 0 g trans fat); 26 g total carbohydrates (14 g sugars, 3 g fibre); 307 mg sodium

