

STRAWBERRY FETA BRUSCHETTA

Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 16 (Serving= 1 slice)

Nutrition (per serving)

Calories: 79

Total Fat: 1 g

Saturated Fat: 0 g

Sodium: 170 mg

Total Carbohydrate: 15 g

Dietary Fiber: 1 g

Protein: 2 g



Ingredients

- 2 small baguettes (7 ounces each)
- ¼ cup chopped red onion
- ¼ cup Feta cheese
- 1 cup diced strawberries
- 1 teaspoon chopped fresh mint
- 1 Tablespoon honey

Directions

1. Preheat oven to 375°F. Cut bread diagonally into sixteen 1 inch slices. Arrange on baking sheet. Bake 4-5 minutes on each side or until golden brown.
2. In a medium bowl, combine red onion, Feta cheese, strawberries, and mint. Toss gently.
3. Spoon strawberry mixture onto toasted baguette slices. Drizzle with honey. Serve immediately.