

GRILLED GORGONZOLA PEACH CROSTINI

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

Serves: 10 (Serving= 1 crostini)

Nutrition (per serving)

Calories: 130

Total Fat: 2.5 g

Saturated Fat: 1.5 g

Sodium: 230 mg

Total Carbohydrate: 23 g

Dietary Fiber: 1 g

Total Sugars: 8 g

Added Sugars: 2 g

Protein: 5 g

PREP TIME: 5 min

COOK TIME: 7 min

TOTAL TIME: 12 min



Ingredients

- Cooking spray
- 20 thick peach slices (about 5 peaches)
- 10 medium baguette slices
- 2/3 cup crumbled gorgonzola cheese
- 1 Tablespoon honey
- 1 teaspoon finely chopped fresh rosemary

Directions

1. Spray grill pan then turn heat to medium-high until preheated. Place peach slices directly on hot grill surface for 2-4 minutes on each side. Set aside. Place baguette slices directly on hot grill surface for 4-5 minutes on each side. (May use outdoor grill, but assure ingredients don't fall through grill grates. Cooking times may vary.)
2. Place 2 peach slices on baguette. Sprinkle with gorgonzola, drizzle with honey and top with fresh rosemary.



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