

Appetizers

Strawberry-Ricotta Bruschetta

Jim Romanoff - For The Associated Press
Palm Beach Post

Servings: 10

Start to Finish Time: 10 minutes

1 twelve-inch baguette, cut into twenty slices

1 1/4 cups part-skim ricotta cheese

1 pound strawberries, hulled and cut into 1/4-inch dice

honey (to taste)

20 fresh mint or basil leaves, cut in thin strips (chiffonade)

Lightly toast the slices of baguette.

Spread each slice with about one tablespoon of ricotta cheese.

Divide the sliced strawberries among the slices of toast.

Drizzle with the honey.

Sprinkle with mint (or basil) and serve.

Yield: 10 two-slice servings

Per Serving (excluding unknown items): 180 Calories; 4g Fat (19.8% calories from fat); 8g Protein; 28g Carbohydrate; 2g Dietary Fiber; 9mg Cholesterol; 315mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 1/2 Fat.