

Live Healthy Recipe

December 2022



Pomegranate, Cranberry & Brie Bruschetta

Ingredients:

- ¾ cup pomegranate seeds
- ½ cup fresh or frozen chopped cranberries, thawed
- 2 tablespoons sugar (see Tip)
- 1 teaspoon orange zest
- Dash salt
- 6 ounces baguette-style French bread, cut diagonally into 16 slices
- Cooking spray
- ⅓ teaspoon ground pepper
- 1 (6 ounce) log brie cheese, cut diagonally into 16 slices
- 1 tablespoon finely chopped fresh basil

Directions:

1. Combine pomegranate seeds, cranberries, sugar, orange zest, and salt in a small bowl. Cover and chill up to 3 days.
2. To serve, preheat oven to 350 degrees F. Place bread slices in a parchment paper-lined 15x10-inch baking pan. Lightly coat both sides of bread with cooking spray; sprinkle with pepper. Bake 8 minutes, turning once. Top with cheese. Bake 4 minutes more or until cheese is softened.
3. Stir basil into pomegranate mixture and spoon on top of bruschetta. Serve warm.

Tip: If using a sugar substitute, we recommend Splenda Sugar Blend for Baking. Follow package directions to use product amount equivalent to 2 tablespoons sugar. Nutrition Per Serving with Substitute: Same as below, except 75 cal.

Equipment: parchment paper

Nutrition Facts:

Servings: 1 bruschetta

Per Serving: 77 calories; protein 2.2g; carbohydrates 8.4g; dietary fiber 0.2g; sugars 2.4g; fat 3.5g; saturated fat 1.5g; cholesterol 7.5mg; vitamin a iu 123.9IU; vitamin c 3.4mg; folate 0.2mcg; calcium 0.9mg; iron 0.5mg; magnesium 0.4mg; potassium 3.9mg; sodium 113.5mg.

Exchanges: ½ fat, ½ starch

Recipe from eatingwell.com