

December 2021

# Beet bruschetta with goat cheese

**Presented By: Jen Lee**

*Brought to you by Well-U*



**Time to table:**

20 minutes

**Video Length:**

5 Minutes

**Serves:** 4-5



***Nutrition Facts:***

*Serving Size 1 piece.*

Calories 93, Carbs 3g,

Fat < 1g, Protein 5.7g

***Ingredients***

- 3 medium sized beets
- 1 baguette
- 1 1/2 tbs olive oil
- 1 tbs balsamic
- 10 basil leaves – cut into ribbons
- 1/8 C finely diced red onion or shallot
- 4 oz goat cheese
- 3/4 c of plain Greek yogurt
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/2 tsp sugar

***Instructions***

Preheat oven to 400. Slice baguette into 1/2 inch slices at a diagonal. Brush both sides with olive oil, sprinkle with salt and place on a sheet pan in a 400 F oven for 15 minutes, or until crisp. Set aside. Combine Greek yogurt, goat cheese, and some basil. Combine finely chopped onion, diced beets, salt, pepper, sugar, olive oil and balsamic. Assemble bruschetta by spreading on goat cheese mixture and topping with a tbs of beet mixture and left over basil. Serve immediately.

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