



Whipped Avocado, Feta & Pomegranate Crostini

Prep: 10 minutes

Bake: 15 minutes • Serves: 6

- 1 (7-ounce) French demi-baguette, sliced crosswise into 18 (½-inch) slices
- 3 tablespoons olive oil
- 1 large avocado, chopped
- ½ cup crumbled feta cheese
- 2 tablespoons lemon juice
- ¼ cup pomegranate seeds
- 1 tablespoon chopped mint leaves

1. Preheat oven to 350°. Place baguette slices in single layer on rimmed baking pan; brush with 2 tablespoons oil. Bake 15 minutes or until lightly browned and crisp; cool.

2. In blender, purée avocado, ¼ cup feta cheese, lemon juice and remaining 1 tablespoon oil until smooth, scraping down sides of blender occasionally. Makes about 1 cup.

3. Spread baguette slices with avocado-feta mixture; top with remaining ¼ cup feta, pomegranate seeds and mint.

*Approximate nutritional values per serving (3 crostini):
240 Calories, 14g Fat (4g Saturated), 11mg Cholesterol,
280mg Sodium, 23g Carbohydrates, 3g Fiber, 2g Sugars,
0g Added Sugars, 5g Protein*

Dietitian's Dish

> Pomegranate seeds are easy to remove from the fruit. Check out a video for helpful tips: www.InSeasonZine.com