

Christmas Salad with Herbed Crostini



Recipe Courtesy Chef Bryan Woolley

Makes 16 cups

- 2 large gala or Fuji apples
- 2 large mangoes, peeled
- 2 large red Bartlett pears
- 2 large naval oranges, peeled and segmented
- 1 fresh pineapple, peeled and cored
- ¼ cup fresh lemon juice
- 2 tbsp honey
- 2 tsp finely grated fresh ginger

1. Slice fruit into bite size pieces and place in a large bowl.
2. Combine lemon juice, honey and fresh ginger and drizzle over fruit.

Crostini:

- 1 baguette sliced into 16 thin slices
- 2 tbsp Italian herb blend
- Vegetable spray

1. Place slices on a parchment lined baking sheet.
2. Lightly spray with vegetable spray and sprinkle with herb blend.
3. Lightly spray one last time and place in a 400-degree oven for about 10 minutes or until golden.
4. Serve with salad.
5. Serve one crostini with 1 cup of salad. Enjoy!

Nutrition Facts

Serving size: one crostini with 1 cup of salad

Calories	180
Total Fat	1.5g
Saturated Fat	0g
Cholesterol	0g
Sodium	230mg
Carbohydrates	39g
Dietary Fiber	4g
Protein	4g

Diabetic Exchanges

Protein	1
Fat	0
Carbohydrates	2

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