



Portobello and Ham Bruschetta

Serves 4

- 4 large portobello mushrooms, stems removed
- 2 (1/2-inch) slices country bread, cut crosswise in half
- 1 garlic clove, halved
- 2 teaspoons extra-virgin olive oil
- 2 teaspoons reduced-sodium soy sauce
- 2 (1-ounce) slices lean Black Forest ham, cut in half
- 2 tablespoons grated Parmesan cheese

- 1 Spray grill rack with nonstick spray; preheat grill to medium or prepare medium fire using direct method.
- 2 Lightly spray mushrooms with nonstick spray. Place on grill rack and grill until lightly browned and tender, about 5 minutes per side. Transfer to plate.
- 3 Lightly spray both sides of slices of bread with nonstick spray. Place on grill rack and grill until golden brown, about 1 minute per side. Rub one side of each slice of bread with cut side of garlic and drizzle evenly with oil.
- 4 Slice mushrooms and divide among slices of bread; drizzle evenly with soy sauce. Top each bruschetta with 1 piece of ham; sprinkle with Parmesan.

PER SERVING (1 BRUSCHETTA): 98 grams, 107 Cal, 4 g Total Fat, 1 g Sat Fat, 0 g Trans Fat, 4 mg Chol, 329 mg Sod, 13 g Total Carb, 2 g Total Sugar, 2 g Fib, 6 g Prot, 51 mg Calc.
PointsPlus value: 3

HEALTHY EXTRA

Turn this Italian bruschetta into lunch by serving it with a salad of sliced radicchio, baby arugula, and Belgian endive dressed with a splash of lemon juice and a sprinkling of sea salt.

Roasted Vegetable Crostini

Serves 12

- 1 (1-pound) eggplant, cut into 1/2-inch dice
- 2 red bell peppers, finely chopped
- 2 zucchini, finely chopped
- 1 onion, sliced
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon dried oregano
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper
- 8 ounces Italian bread, cut into 24 thin slices and toasted
- 1/2 cup chopped fresh basil
- 12 pitted Kalamata olives, halved
- 1/4 cup grated Parmesan cheese

- 1 Preheat oven to 425°F.
- 2 Toss together eggplant, bell peppers, zucchini, onion, oil, oregano, salt, and black pepper in large roasting pan. Spread to form single layer. Roast vegetables, stirring occasionally, until tender and browned along edges, about 45 minutes. Let cool to room temperature.
- 3 Spoon vegetable mixture evenly onto toasts. Sprinkle evenly with basil, olives, and Parmesan.

PER SERVING (2 CROSTINI): 136 grams, 149 Cal, 5 g Total Fat, 1 g Sat Fat, 0 g Trans Fat, 1 mg Chol, 417 mg Sod, 22 g Total Carb, 4 g Total Sugar, 3 g Fib, 4 g Prot, 62 mg Calc.
PointsPlus value: **4**

FYI

This tasty vegetable mixture is rather versatile. You can substitute an equal amount of thinly sliced fennel, yellow bell pepper, or radicchio for any of the vegetables called for.

Caramelized Garlic Toasts

Serves 8

- 1/3 cup water
- 1 tablespoon honey
- 12 large garlic cloves, peeled
- 1/4 teaspoon cayenne
- Pinch salt
- Pinch black pepper
- 2 tablespoons unsalted butter, softened
- 8 thin slices French bread, toasted

- 1 Combine water and honey in small saucepan; bring to simmer over medium-low heat. Add garlic and cook until softened, about 12 minutes. Add cayenne, salt, and pepper; cook until garlic turns deep golden, about 3 minutes.
- 2 Transfer garlic mixture to mini food processor. Add butter and process until smooth. Serve with toasts.

PER SERVING (1 TOAST AND 1 ROUNDED TEASPOON GARLIC SPREAD): 40 grams, 127 Cal, 4 g Total Fat, 2 g Sat Fat, 0 g Trans Fat, 8 mg Chol, 210 mg Sod, 20 g Total Carb, 3 g Total Sugar, 1 g Fib, 3 g Prot, 33 mg Calc.
PointsPlus value: **3**