

Healthy Recipe: Crostini With Fig & Walnut Tapenade

If you want a dairy free treat, try replacing the goat cheese with hummus.

November 4, 2022 By Cook for Your Life

This richly delicious spread is the epitome of sweet and salty. The creaminess of the goat cheese makes it even better. This Crostini with Fig & Walnut Tapenade is a nutritious snack but it's high in calories so eat it in small quantities. If you want a dairy free treat, try replacing the goat cheese with hummus.

8 servings

10 ingredients

20 minute prep

Ingredients

- 1 cup dried Turkish figs, chopped
- ⅓ cup water
- ⅓ cup chopped Kalamata olives
- 2 tablespoons extra virgin olive oil
- 1 tablespoon balsamic vinegar
- 1 tablespoon capers, drained
- 1½ teaspoons fresh thyme
- ¾ cup walnuts, chopped and toasted
- 1 (5.5 ounce) log soft fresh goat cheese
- 1 whole wheat baguette, cut into ¼ inch rounds, lightly toasted

Directions

1. Heat the figs and water in small saucepan over medium-high heat until the water evaporates and the figs have softened about 3-5 minutes.
2. Chop the figs. Transfer to a bowl, and mix with chopped olives, olive oil, vinegar, capers, thyme and walnuts. Taste for seasoning.
3. Spread about 2 teaspoons of goat cheese on each slice of toasted bread and top with a heaping teaspoon of the fig mixture. Serve.

Chef Tips

You can use any type of dried black figs for this dip.

If using fresh figs, skip Step 1 and increase fig quantity to roughly two cups.

Nutrition Facts (per serving)

Calories: 208; Fat: 9g; Saturated Fat: 4g; Polyunsaturated Fat: 4g; Monounsaturated Fat: 24g; Carbohydrates: 24g; Sugar: 5g; Fiber: 2g; Protein:8g; Sodium: 382mg

Registered Dietitian Approved

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