

Apple Cinnamon Crostini

Nutritional Information on back.



Fold or cut here to fit in recipe box.

Apple Cinnamon Crostini

- 1 Gala or Braeburn apple
- 1 tsp. granulated sugar, divided
- 2 tsp. firmly packed brown sugar
- ½ tsp. ground cinnamon
- 4 (½-inch) slices whole-wheat Italian bread, cut diagonally
- 4 tsp. unsalted butter

Peel and core apple. Cut in half vertically. Place each half cut side down on work surface and cut crosswise into even 1/8 inch slices. Keep slices together in shape of apple. Set cut apple halves on small, microwaveable plate, still holding slices together. Sprinkle ½ teaspoon granulated sugar over each half and cover plate loosely with wax paper. Place plate in microwave, keeping paper tucked under plate, and microwave, about 45 seconds. Remove and let apple slices sit covered for 5 minutes. Uncover and cool to room temperature. Meanwhile, in small bowl, mix brown sugar and cinnamon. Toast bread for crostini. Spread each slice of toast



with 1 teaspoon butter and sprinkle $\frac{1}{4}$ of cinnamon sugar evenly over each. Cover bread with apples, placed diagonally. Depending on width of bread, ends of some slices may hang over sides. Serve immediately. Makes 4 servings.

Nutritional information per serving

160 calories, 5 g total fat (2.5 g saturated fat), 25 g carbohydrate, 5 g protein, 6 g dietary fiber, 170 mg sodium.