

TRI-CRUSTINI

Three is the magic number. Enjoy these little toppings from heaven on many applications! Here, they are placed on a slice of bread...but let your imagination go wild.

SERVINGS	SERVING SIZE	TIME TO MAKE
24	3 SLICES	60 MINUTES

INGREDIENTS



Sautéed Tomato Treats

INGREDIENTS

- 1 pound Cherry Tomatoes, quartered or halved
- 6-8 Garlic Cloves, minced
- 1 Tablespoon Olive Oil, EVOO
- 2 Tablespoon fresh Basil, minced
- 1 Tablespoon dried, Onion flakes
- 1/4 tsp Salt
- 1/4 tsp Pepper, black



Minced Mushroom Delight

INGREDIENTS

- 1 pound Mushrooms, seasonal, sliced
- 1 Onion, diced
- 6 Garlic Cloves, minced
- 1 Tablespoon fresh Thyme
- 1/4 cup Red Wine Vinegar
- 1 cup Broth
- 1/4 tsp Salt
- 1/4 tsp Pepper, black



Balsamic & Onion Reduction

INGREDIENTS

- 1 Tablespoon of Salted butter
- 2 Onions, White or Yellow work best and sliced
- 1 cup Balsamic Vinegar
- 1 Teaspoon dried Garlic, minced
- ¼ tsp Salt
- ¼ tsp Pepper, black

DIRECTIONS



Sautéed Tomato Treats

DIRECTIONS:

1. Heat a medium size saucepan with EVOO on medium to low.
2. Add all ingredients and gently simmer for 20-30 minutes, stirring throughout the cooking process
3. When done to your likeness, spread on top of your favorite toasted bread.

Crustini Sautéed Tomato

Nutritional Information per serving: 45 Calories, 2 grams Fat, 0 gram Saturated Fat, 0 mg Cholesterol, 102 mg Sodium, 6 grams Total Carbohydrates, 1 gram Fiber, 2 grams Sugar, 1 grams Protein, 13% Vitamin A, 18% Vitamin C, 1% Calcium, 3% Iron

*Nutritional Information based on placing on a slice of French bread



Minced Mushroom Delight

DIRECTIONS:

1. Heat a medium size saucepan and add garlic and onions with just a splash of broth. You can add some fat like olive oil or butter, but to save on some calories, broth will work well here.
2. Sauté for 2-3 minutes to release the fragrance and soften the garlic and onions
3. Add the mushrooms, herbs, spiced and vinegar. Stir well.
4. Gently pour in the rest of the broth and allow the mixture to simmer for 30 minutes. Stirring as needed.

5. The mushrooms will release a lot of water, but if you need to lower the heat, this can help keep any extra liquid in and prevent the mushrooms from getting too dry, or add more broth/water. Check the taste, if it is too salty due to the broth, add more water.
6. Once soft and thoroughly tender, spread on top of your favorite toasted bread.

Crustini Minced Mushroom Delight

Nutritional Information per serving: 45 Calories, 0 grams Fat, 0 gram Saturated Fat, 0 mg Cholesterol, 146 mg Sodium, 8 grams Total Carbohydrates, 1 gram Fiber, 2 grams Sugar, 3 grams Protein, 1% Vitamin A, 3% Vitamin C, 2% Calcium, 4% Iron

*Nutritional Information based on placing on a slice of French bread



Balsamic & Onion Reduction

DIRECTIONS:

1. Heat a medium saucepan and add the butter. When mostly melted and foaming, add the onions and garlic and sauté for about 1-2 minutes.
2. Add the vinegar and seasonings, and let simmer until it has reduced at least by half. This may take about 30-45 minutes. I tend to like a low simmer as the increase in time is well worth the improvement in taste! But if you're short for time, you can cook this faster, just be mindful of it not burning.
3. When ready, spread on top of your favorite toasted bread.

Crustini Balsamic Onion

Nutritional Information per serving: 96 Calories, 2 grams Fat, 1 gram Saturated Fat, 5 mg Cholesterol, 109 mg Sodium, 16 grams Total Carbohydrates, 1 gram Fiber, 10 grams Sugar, 2 grams Protein, 2% Vitamin A, 5% Vitamin C, 3% Calcium, 4% Iron

*Nutritional Information based on placing on a slice of French bread