
Holiday Crostini

Description

Entertaining during the hectic weeks surrounding our winter holidays can be stress-free and healthy with this appetizer that can be prepared ahead of time. Take advantage of the holiday colors when you arrange the crostini on your serving platter, alternating red and green for a beautiful presentation that will wow everyone!

Total time: 1 hr Yield: 15 appetizer portions

Ingredients

1 baguette bread (sliced ½" thick)
1 Tbsp extra virgin olive oil
2 clove garlic
1 large red onion (sliced into ½" rings)
2 red bell peppers (seeded and cut into 1" dice)
1 Tbsp Italian seasoning
salt
fresh cracked black pepper
3 large garlic cloves (minced)
1 tsp red pepper flakes (optional)
fresh parsley (for garnish)
1 pkg pre-cooked, shelled edamame (16 oz. package; set aside ¼ cup)
1 small block of silken tofu
2 large cloves garlic (minced very fine)
juice of 1 large lemon (set aside zest of lemon)
3 Tbsp olive oil (mixed with 2 tablespoons warm water)
1 tsp garlic salt
1 tsp cumin

Prep Time: 1 hr Total Time: 1 hr

Instructions

To make the Crostini: Pre-heat oven to 350° F degrees. Lightly brush each side of the bread with olive oil, then bake until golden brown. Cut garlic cloves in half, and rub over one side of the toasted bread.

To make the Mediterranean Spread: Pre-heat oven to 400° F. Spray a large baking sheet with non-stick spray. In a large bowl, toss the onions, bell pepper and eggplant with the extra virgin olive oil, seasoning and 3 cloves minced garlic. If you like a little heat, add the red pepper flakes. Spread onto the baking sheet and bake for approximately 30 minutes – you want all the veggies to be cooked through but not

charred. Take out of the oven, cool, and put into a food processor and pulse about 5 to 6 times, maintaining some chunky texture. Add salt and pepper to taste. Spread onto prepared crostini and top with a sprinkle of fresh parsley. You can store this spread in the refrigerator for up to three days, just bring to room temperature before serving.

To make the Edamame Spread: In a food processor, combine the edamame, tofu, 2 cloves finely minced garlic, and lemon juice and blend. Slowly add the olive oil mixture, then season with garlic salt and cumin. To serve, spread onto prepared crostini and top with a few of the reserve soy beans and a sprinkle of lemon zest. This spread is good either cold or at room temperature.

Recipe brought to you by:

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Source:

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