



APPETIZER

Cranberry & Pomegranate Bruschetta

1 lb. Cranberries, Dried Sweet
½ c. Granulated Sugar
2 tbsp. Fresh Basil
12 oz. Pomegranate Arils (seeds), removed from 3 pomegranates or buy prepackaged
1 loaf French Baguette, approximately 22 inches long
Olive Oil Spray Mist
1 tsp. Sea Salt
1 tsp. Ground Black Pepper
8 oz. Low Fat Cream Cheese, softened
2 tbsp. Fresh Basil, chopped fine

METHOD OF PREPARATION:

1. Reconstitute the dry cranberries in hot water, then drain berries.
2. Place the cranberries and sugar in a food processor and pulse a few times until the cranberries are coarsely chopped. Do not over chop.
3. Add the first basil and pulse a few times. You should have bits of basil visible in the relish. Place mixture into a bowl.
4. Stir in the pomegranate arils, reserving some in a separate container to place on the bruschettas. Place the mixture in the refrigerator for at least 2 hours.
5. Slice each baguette into 32 slices about ¼ inch thick. Place the sliced baguette on a sheet tray and spray with olive oil mist. Lightly sprinkle with salt and pepper. Bake at 350°F for about 14-18 minutes or until golden brown. Rotate the pans to bake evenly.
6. Whip the softened cream cheese until creamy.
7. To assemble each bruschetta, spread about ½ tablespoon of cream cheese on each bread slice then top with ½ tablespoon of the cranberry and pomegranate relish. Garnish with the reserved pomegranate arils and last finely chopped basil.

SERVES: 32 each

NUTRITION: 90 Calories, 1 g Fat, .5 g Saturated Fat, 0 g Trans Fat, less than 5 mg Cholesterol, 140 mg Sodium, 19 g Carbohydrate, 1 g Dietary Fiber, 1 g Protein

WEIGHT WATCHER SMARTPOINTS = 5

ALLERGENS: Milk, Wheat