

Bruschetta Gorgonzola and Apples

SOURCE: Cooking Light, MAY 2002

For this classic Italian appetizer, I chose Gorgonzola for its sweet creaminess, but any quality blue cheese will do. A slice of tart apple is a nice foil to the garlic and cheese.

INGREDIENTS:

- 1/3 C (about 1 1/2 oz) crumbled Gorgonzola cheese
- 2 TBS butter, softened
- 1 TBS brandy or cognac
- 1/8 tsp black pepper
- 12 (1 oz) slices diagonally cut French bread (about 1" thick)
- Cooking spray
- 6 garlic cloves, halved
- 3 Granny Smith apples, each cut into 8 wedges (about 18 oz)

DIRECTIONS:

Prepare grill. Combine first 4 ingredients in a small bowl, stirring till blended. Place bread slices on grill rack coated with cooking spray - cook 2 minutes on each side or till lightly browned. Remove from grill. Rub cut sides of garlic over one side of each bread slice. Spread 2 tsp cheese mixture over each bread slice. Serve with apple wedges.

Yield: 12 servings (serving size: 1 bruschetta + 2 apple wedges)

NUTRITION PER SERVING: CALORIES 148 (30% from fat); FAT 5g (sat 2.7g, mono 0.9g, poly 0.3g); PROTEIN 4.1g; CARB 21.4g; FIBER 1.7g; CHOL 13mg; IRON 0.9mg; SODIUM 263mg; CALC 68mg