



## *Cook's Corner by Catherine Hannon*

The following recipes are made with healthy ingredients to help you celebrate the season deliciously.

### **Turkey & Fig Crostini:**

1. 8oz. multi-grain baguette
2. 8oz. Nature's Promise black mission figs
3. 1 tablespoon agave nectar
4. 1 ½ cups water
5. 5 oz. Nature's Promise hickory smoked turkey breast
6. 2 tablespoon balsamic glaze
7. 4 oz. goat cheese(chevre)
8. 1 oz. Nature's Promise arugula leaves.

Preheat oven to 400°F. Cut bread into 24 rounds, ¾-inch thick. Transfer to a baking sheet. Toast in oven until golden, about 5 minutes per side. Transfer to a wire rack and let crostini cool completely.

Remove stems from figs and cut into ¼ - pieces. Combine with agave nectar and 1 ½ cup water in a small saucepan. Bring to a boil, reduce heat and simmer, covered, until most of the liquid has evaporated and figs are easily pierced with the tip of a sharp knife, about 15 minutes. Transfer mixture to a food processor and process until smooth (add a couple drops of water to thin out, if necessary). Remove from processor and cool.

Slice Turkey breast and arugula leaves into very thin strips. To assemble: Spread each crostini with goat cheese and top with 2 teaspoon of fig puree. Sprinkle with turkey slices, drizzle glaze and top with sliced arugula leaves.

Makes 24 servings, prep time: 36 minutes.

### **Cauliflower & Broccoli Soup:**

1. 1 teaspoon canola oil.
2. 1 cup chopped onion.
3. 1 teaspoon chopped garlic.
4. 2 cups low sodium chicken broth.
5. 1lb frozen broccoli & cauliflower or 5 cups fresh, chopped.
6. ½ cup fat milk.
7. ½ cup reduced-fat shredded cheddar cheese.
8. ¼ teaspoon ground black or to taste.
9. Ground nutmeg to taste.
10. ¼ cup seasoned croutons (don't use if intended to be gluten free).

In a large saucepan, heat oil over medium heat, add onion and cook until just beginning to brown. Add garlic and cook until onions are lightly browned. Add broth and broccoli and cauliflower mix, cover and bring to a boil. Reduce heat and cook for 10-15 minutes or until vegetables are tender. Puree mixture in a blender. Return pureed mixture to saucepan, add milk and heat through. Remove from heat and stir in cheese. Season with pepper. Sprinkle each serving with nutmeg and garnish with a few seasoned croutons.

Makes 6 servings, prep time 30 minutes.

