



Strawberry Cheese Toasts

BY MARINA STOPLER

YIELD Serves 6

COMMENTS

This is a simple snack or appetizer to enjoy when strawberries are in season and at their peak in taste. Nothing beats fresh, seasonal, locally grown strawberries.

Prep time: 25 min

INGREDIENTS

- 8 oz herbed goat cheese
- 12 slices of bread (baguette or Italian bread)
- 1 tbsp olive oil
- pepper to taste
- 1 lb strawberries, rinsed and diced
- reduced balsamic vinegar (optional)

INSTRUCTIONS

1. Place refrigerated goat cheese on the counter for 30 minutes to soften and become spreadable.
2. Place bread slices on a foil-lined baking sheet and drizzle with olive oil.
3. Set the grill or broiler on high heat.
4. Grill or broil the bread until browned, about 5-6 minutes. Keep an eye on the bread so it does not burn!



5. Spread goat cheese on toasted bread.
6. Add black pepper.
7. Add strawberries.
8. Add reduced balsamic vinegar. (Optional, for an extra kick!)
9. Serve and *enjoy*.

TIPS

One cup of strawberries provides about 50 calories of energy, 3 grams of fiber, and over 100% of the vitamin C needed for the day. Strawberries are also an excellent source of vitamin K, B6, and folate.

The goat cheese provides a nice saltiness and tanginess, so no additional salt is necessary for the recipe. Goat cheese is an excellent source of protein, calcium, magnesium and phosphorus.

Instead of herbed goat cheese, you can substitute another soft or semi-soft spreadable cheese, whether bovine or sheep.

Thyme is excellent with strawberries. Try it, especially if you're using a plain spreadable cheese.

When prepping the strawberries, place strawberry tops in your food scraps bin for compost.

For more strawberry recipes visit: [foodandnutrition.org/?s=strawberry+recipes](https://www.foodandnutrition.org/?s=strawberry+recipes)



FIND YOUR INGREDIENTS AT THE MARKET

Strawberries

- Gajeski Produce (June)
- Mead Orchards (June)

Bread

- Bobolink Dairy and Bakehouse, Bread Alone Bakery, Orwashers Bakery

Olive Oil

- Demi Olive Oil

Herbed Goat Cheese

- Edgwick Farm's Canterbury with Fine Herbes

Pepper

- Spice Revolution

PLEASE NOTE: Availability varies. Please ask your favorite producers about the products you're looking for.