



COMMUNITY | HEALTH | CARE

Ingredients

3 cups of fresh strawberries washed and chopped
1 small red bell pepper washed and finely diced
2 sprigs fresh basil, stems removed, washed, and torn into small pieces
1/4 cup olive oil
1 tablespoon finely diced shallot
1/2 teaspoon kosher salt

*Balsamic glaze can be purchased, or you can make your own. In a small saucepan add 1 cup balsamic vinegar and ¼ cup honey or brown sugar or maple syrup. Place over high heat, bring to a boil and then reduce to a simmer. Continue to cook until the mixture has thickened and reduced to about 1/3 cup. Be careful the acid from the boiling vinegar can sting your eyes.

*If you do not have balsamic glaze, you can use honey instead.

Directions

After all ingredients have been washed and cut. Add strawberries, peppers, basil, olive oil, shallot and ½ teaspoon of salt in a medium bowl. Mix to combine and set aside

Combine ricotta cheese, ¼ teaspoon kosher salt, ¼ teaspoon black pepper and 2 tablespoons olive oil in medium bowl. Stir to combine and set aside.

Toast 6 thick slices of bread until golden brown and crispy. This can be done in the oven, under a broiler, toaster oven, toaster, or air fryer.

Evenly distribute ricotta mixture on bread slices and then top with strawberry mixture. Sprinkle each bruschetta with chopped basil leaves and drizzle balsamic glaze. Enjoy!

Any leftover strawberry mixture can be used as a salsa to dip chips or a topping on grilled chicken or fish.



Health benefits: Tomatoes are high in vitamin c, fiber, potassium, folate and the phytochemical ellagic acid. Red bell pepper is a good source of vitamin C and vitamin A. Ricotta adds a source of protein and calcium to make this a well-balanced snack

Strawberry Ricotta Bruschetta

1 cup ricotta cheese
¼ teaspoon kosher salt
¼ teaspoon pepper
2 tablespoons olive oil
6 thick slices of bread, ciabatta bread, sour dough or Italian bread works well here
6 fresh basil leaves, chopped
3 tablespoons balsamic glaze*