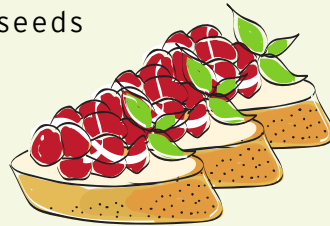


Beet and Pomegranate Crostini created by Alicia Wolf #thedizzycook

This vegetarian appetizer is perfect for winter with a sweet and savory combination of roasted butternut squash, ricotta cheese, and a little fresh mint.

Ingredients

- 1 baguette or favorite bread
- Olive Oil Spray
- Fresh ricotta cheese (look for brands without gums, like BelGiosio, Calabro, Galbani - these will have the best taste and texture)
- Fresh unflavored goat cheese/chevre or mascarpone cheese
- 1 package (4oz) pomegranate arils/seeds
- 1 package (8oz) cooked beets
- Honey
- 3-5 fresh basil leaves
- 3-5 fresh mint leaves
- Sea salt and pepper



Instructions

- Slice baguette or bread at an angle. Set broiler to low heat. Place slices of bread on a sheet pan and spray both sides of bread lightly with olive oil. Toast for 1-2 minutes per side, watching carefully, till golden brown. Allow to cool 5 minutes before handling.
- Top half of the bread with ricotta and the other half with unflavored goat cheese (or mascarpone) on others. Top the ones with goat cheese with sliced, cooked beets and the ones with ricotta with the pomegranate arils. Drizzle with honey, if desired.
- Place basil leaves on top of the beets and mint on top of the pomegranate arils (although you can mix and match to your liking). Finish with a pinch of sea salt (or omit for Meniere's patients), and freshly cracked black pepper.
- These are best eaten within an hour of making, however, you can prep the bread and toppings separately, and assemble when ready to eat.

Cranberry Cordial (a.k.a. "Pink Flamingo")

Ingredients

- 1 packet (10 oz, ~2 cups) frozen cranberries (fresh OK)
- 5 cups water or orange juice
- 1 cup sugar
- optional: zest of 1 orange

Instructions

- Place all ingredients in a medium saucepan. Bring to a boil, then turn the heat to low. Simmer for 45 minutes.
- Allow to Cool.
- Place in blender and gradually increase to highest setting so contents are liquified.
- Store in glass container in refrigerator.



Presentation

- Serve straight up in a cordial glass or shaken with ice and a shot of Ritual Tequila or ginger ale.
- Optional: garnish with candied ginger.

Notes: If you find citrus triggering, simply eliminate it from this recipe. Ritual is a non-alcoholic spirit brand.

an EVENING for a
LIFE REBALANCED

