



Green Olive and Goat Cheese Crostini

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16.5 inch crusty baguette
- ☐ 1 tablespoon garlic clove thinly sliced
- ☐ 1 teaspoon fennel seeds
- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 6 ounce goat cheese fresh soft cut into 16 rounds)
- ☐ 1 cup oil-cured olives green packed pitted chopped (lightly)
- ☐ 2 tablespoons olive oil extra virgin extra-virgin for brushing
- ☐ 1 tablespoon orange juice fresh

☐ 1.5 teaspoons orange zest finely grated

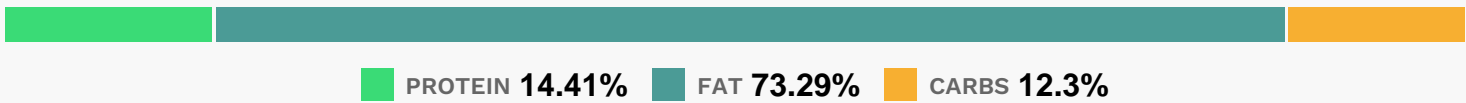
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Toast fennel seeds in small skillet over medium-high heat until fragrant, shaking skillet occasionally, about 1 minute.
- ☐ Transfer seeds to medium bowl.
- ☐ Add olives, 2 tablespoons oil, garlic chives, orange juice, thyme, and orange peel to bowl and toss to blend. Season to taste with salt and pepper. DO AHEAD: Can be made 2 days ahead. Cover; chill. Bring to room temperature before using.
- ☐ Prepare barbecue (medium-high heat).
- ☐ Brush both sides of bread slices with oil. Grill on 1 side until golden, about 1 minute. Turn bread over; immediately top each slice with 1 cheese round. Grill until bottoms are golden and cheese softens slightly, about 1 minute.
- ☐ Transfer crostini to platter. Spoon olive mixture over and sprinkle with pepper.
- ☐ Garlic chives, also known as Chinese chives, can be found at Asian markets.
- ☐ On hot summer evenings, Jeanne likes to serve chilled rosé. It's delicious with the crostini and is also great paired with the Cornish game hens. To find interesting wines, Jeanne often stops by her favorite local wine shop, Colorado Wine Company. The staff there turned her on to the
- ☐ Château du Rouët 2007 Côtes de Provence
- ☐ Rosé Cuvée Réserve Tradition (\$13) that she's pouring tonight. The Grenache-Syrah blend has a fruity, elegant taste and is rich enough to stand up to the bold flavors in this menu.

Nutrition Facts



Properties

Glycemic Index:12.42, Glycemic Load:0.98, Inflammation Score:-3, Nutrition Score:1.8100000153417%

Flavonoids

Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 64.64kcal (3.23%), Fat: 5.38g (8.28%), Saturated Fat: 1.98g (12.37%), Carbohydrates: 2.03g (0.68%), Net Carbohydrates: 1.58g (0.58%), Sugar: 0.36g (0.4%), Cholesterol: 4.89mg (1.63%), Sodium: 187.2mg (8.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.76%), Copper: 0.1mg (4.8%), Vitamin E: 0.6mg (4.01%), Phosphorus: 31.9mg (3.19%), Vitamin A: 157.98IU (3.16%), Vitamin B2: 0.05mg (3.06%), Calcium: 25.87mg (2.59%), Iron: 0.42mg (2.35%), Manganese: 0.04mg (2.19%), Vitamin B6: 0.04mg (2.02%), Vitamin B1: 0.03mg (1.82%), Fiber: 0.45g (1.8%), Vitamin C: 1.37mg (1.66%), Vitamin K: 1.45µg (1.38%), Selenium: 0.9µg (1.28%), Folate: 4.83µg (1.21%), Magnesium: 4.47mg (1.12%), Vitamin B3: 0.21mg (1.03%)