



Prosciutto and Goat Cheese Bruschetta with Black Lentils

READY IN



35 min.

SERVINGS



4

CALORIES



1118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound baby spinach
- ☐ 3 tablespoons balsamic vinegar
- ☐ 2 cups lentils with other varieties if you can't find black lentils canned black
- ☐ 0.5 loaf country bread halved cut into 1-inch slices and the slices
- ☐ 2 cloves garlic
- ☐ 2 cloves garlic peeled
- ☐ 1 garlic clove minced
- ☐ 8 ounce medallions goat cheese

- ☐ 1 tablespoon honey
- ☐ 4 servings kosher salt
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup olive oil extra-virgin plus more for drizzling
- ☐ 4 servings olive oil extra-virgin
- ☐ 4 ounces pancetta thinly sliced
- ☐ 1 medium onion red
- ☐ 3 sprigs thyme leaves divided

Equipment

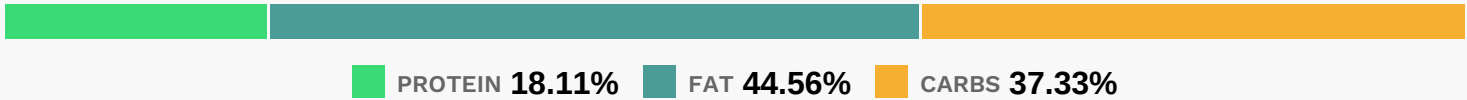
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ On a sheet tray lay out the slices of bread and drizzle with extra-virgin olive oil. Turn each piece over and drizzle again so both sides have some oil on them. Toast in the hot oven for 1 to 2 minutes until slightly crispy but without color. While it is still hot, gently rub each slice on one side with a garlic clove then set aside.
- ☐ Layer each slice of toast with 2 to 3 slices of goat cheese, a twisted piece of prosciutto and drizzle with extra-virgin olive oil. Put tray of bruschetta back into the oven and heat until cheese is melted, prosciutto is crispy and bread is golden brown, about 2 minutes.
- ☐ Place the lentils in a large saucepan and cover with 2 times the amount of water.
- ☐ Add thyme sprig and season with salt. Bring to a simmer and cook for 12 to 15 minutes until they are soft and tender. They should not be falling apart. Salt, to taste, then drain any remaining liquid. Set aside.
- ☐ Make the honey balsamic vinaigrette by combining the vinegar and honey while you drizzle in the 1/4 cup olive oil whisking to combine. Season with salt and freshly ground black pepper.

- ☐
- In a large saute pan heat a 2 count amount of olive oil over medium heat and add the garlic and red onion. Cook until tender and slightly translucent then add the honey balsamic vinaigrette to the onions. In a large mixing bowl add about half of the lentils, washed spinach and the caramelized onions. Toss to coat and season with salt and pepper, to taste.
- ☐
- To serve, lay the prosciutto and goat cheese toast on a plate and serve with warm honey-balsamic spinach salad over the top.
- ☐
- Garnish with more lentils.

Nutrition Facts



Properties

Glycemic Index:96.73, Glycemic Load:26.45, Inflammation Score:-10, Nutrition Score:45.99695655574%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 7.42mg, Kaempferol: 7.42mg, Kaempferol: 7.42mg, Kaempferol: 7.42mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 10.15mg, Quercetin: 10.15mg, Quercetin: 10.15mg, Quercetin: 10.15mg

Nutrients (% of daily need)

Calories: 1118.1kcal (55.91%), Fat: 55.86g (85.94%), Saturated Fat: 16.51g (103.2%), Carbohydrates: 105.28g (35.09%), Net Carbohydrates: 78.7g (28.62%), Sugar: 13.16g (14.62%), Cholesterol: 44.79mg (14.93%), Sodium: 1093.1mg (47.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.08g (102.17%), Vitamin K: 569.79µg (542.66%), Vitamin A: 11273.3IU (225.47%), Manganese: 2.23mg (111.72%), Fiber: 26.58g (106.33%), Iron: 15.41mg (85.63%), Folate: 304.84µg (76.21%), Vitamin C: 40.67mg (49.29%), Selenium: 33.62µg (48.02%), Vitamin E: 6.66mg (44.38%), Vitamin B2: 0.68mg (40.25%), Vitamin B1: 0.58mg (38.42%), Calcium: 379.85mg (37.99%), Phosphorus: 368.34mg (36.83%), Copper: 0.73mg (36.64%), Magnesium: 143.52mg (35.88%), Vitamin B3: 7.04mg (35.18%), Vitamin B6: 0.62mg (30.81%), Potassium: 901.05mg (25.74%), Zinc: 2.47mg (16.45%), Vitamin B5: 1.38mg (13.78%), Vitamin B12: 0.25µg (4.16%), Vitamin D: 0.34µg (2.27%)