**Vegetable Crostini**

* I can describe ways to vary my veggies.
* I can explain why vegetables are an important part of a healthy diet.
* I can demonstrate how to prepare the vegetable crostini recipe using proper tools and techniques.

**with cheese**

by Mrs. Flath

**Ingredients**

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| 1/3 cup spinach (***chopped***)1 carrot (*shredded or diced small*)2 scallions (***sliced***)1/2 tomato (***diced***)2 cloves garlic (***minced***)2 T oil¼ t garlic powder¼ t salt½ t. oregano¼ t. pepper | 1 t. flour1/3 c. milk4-5 slices of Italian bread2T. ricotta cheese1/2 cup shredded mozzarella cheese |

**Directions:**

1. Clean and cut all vegetables as directed above.
2. Sauté carrot in oil over medium heat (300-325° F) for 1 to 2 minutes
3. Add spinach and scallions and sauté for another minute.
4. Lower heat to 275° to 300° F.
5. Add garlic and other spices. Be careful that the garlic does not burn!
6. When vegetables are tender, sprinkle flour over vegetables and immediately stir in milk and tomatoes.
7. Heat until thickened, stirring often.
8. Toast bread - place bread on foil lined baking sheet and broil on low heat about 1-2 minutes on each side…WATCH CLOSELY!
9. Spread a thin layer of ricotta cheese on each piece of toasted bread, followed by the vegetables and cheese on top.
10. Broil for 1-2 minutes until cheese is melted and serve immediately.

