

# Healthy Recipe: Crostini With Fig & Walnut Tapenade

If you want a dairy free treat, try replacing the goat cheese with hummus.

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This richly delicious spread is the epitome of sweet and salty. The creaminess of the goat cheese makes it even better. This Crostini with Fig & Walnut Tapenade is a nutritious snack but it's high in calories so eat it in small quantities. If you want a dairy free treat, try replacing the goat cheese with hummus.

8 servings

10 ingredients

20 minute prep

## Ingredients

- 1 cup dried Turkish figs, chopped
- $\frac{1}{3}$  cup water
- $\frac{1}{3}$  cup chopped Kalamata olives
- 2 tablespoons extra virgin olive oil
- 1 tablespoon balsamic vinegar
- 1 tablespoon capers, drained
- $1\frac{1}{2}$  teaspoons fresh thyme
- $\frac{3}{4}$  cup walnuts, chopped and toasted
- 1 (5.5 ounce) log soft fresh goat cheese
- 1 whole wheat baguette, cut into  $\frac{1}{4}$  inch rounds, lightly toasted

## Directions

1. Heat the figs and water in small saucepan over medium-high heat until the water evaporates and the figs have softened about 3-5 minutes.
2. Chop the figs. Transfer to a bowl, and mix with chopped olives, olive oil, vinegar, capers, thyme and walnuts. Taste for seasoning.
3. Spread about 2 teaspoons of goat cheese on each slice of toasted bread and top with a heaping teaspoon of the fig mixture. Serve.

## Chef Tips

You can use any type of dried black figs for this dip.

If using fresh figs, skip Step 1 and increase fig quantity to roughly two cups.

## Nutrition Facts (per serving)

Calories: 208; Fat: 9g; Saturated Fat: 4g; Polyunsaturated Fat: 4g; Monounsaturated Fat: 24g; Carbohydrates: 24g; Sugar: 5g; Fiber: 2g; Protein:8g; Sodium: 382mg

## Registered Dietitian Approved

Our recipes, articles, videos, and more content are reviewed by our Registered Dietitian Kate Ueland, MS, RD, CSO, a board-certified specialist in oncology nutrition, to ensure that each is backed with scientific evidence and follows the guidelines set by the [\*\*Oncology Nutrition for Clinical Practice, 2nd Ed.\*\*](#), published by the Oncology Nutrition Dietetic Practice Group, a professional interest group of the [\*\*Academy of Nutrition and Dietetics\*\*](#), and the [\*\*American Institute for Cancer Research\*\*](#) and the [\*\*American Cancer Society\*\*](#).

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