



STRAWBERRY BRUSCHETTA

Advanced Lifestyle

Ingredients

- 4 thick slices whole-wheat bread
- 6 tablespoons light brown sugar (brown Splenda is better)
- 1 teaspoon grated lemon zest
- 2 teaspoons lemon juice
- 3 cups sliced or diced hulled strawberries
- 4 tablespoons mascarpone (Italian cream cheese)*

Instructions

1. Toast bread in a toaster.
2. Meanwhile, heat a large skillet over high heat. Add sugar, lemon zest and lemon juice and cook, stirring, until the sugar melts and the mixture begins to bubble, 30 seconds to 1 minute. Add strawberries and stir until juices begin to exude and the berries are heated through, 30 seconds to 1 minute more.
3. Spread 1 tablespoon mascarpone on each piece of toast. Top with the warm berries.

Portion-Per-Serving Information (Yields 4 servings):

1 serving = 1 slice toast + 3/4 cup cooked strawberries + 1 TB mascarpone = 1 FR, 1/2 M, 1 G

*Note: Low-fat cream cheese will work as well.