

Berry and Basil Pizza Crisp with Honey Balsamic

Balsamic**Honey Glaze:**

½ **cup** balsamic
vinegar

3 tablespoons honey

Flatbread:

6 flatbreads

12 pieces of cheese, such
as Havarti (2 per flatbread)

1 cup blackberries, halved

1 ½ cups strawberries,
chopped

15 basil leaves,
chopped and
divided

Preheat oven to 400°F. **Place** flatbreads on a baking sheet and **add** two slices Havarti cheese, blackberries, and strawberries. **Bake** for 5-7 minutes, or until cheese is melted. After flatbreads are removed from oven, **add** chopped basil and honey balsamic glaze. **Serve** warm.

To make the glaze:

Add balsamic vinegar and honey

to a small sauce pan and **simmer** until reduced by half (10-15 minutes). **Remove** from heat and **set aside**.

Serves: 6 Flatbreads

Nutritional Analysis:

340 calories, 16 g fat, 9 g saturated fat,
40 mg cholesterol, 520 mg sodium,
34 g carbohydrate, 11 g fiber,
16 g sugar, 20 g protein

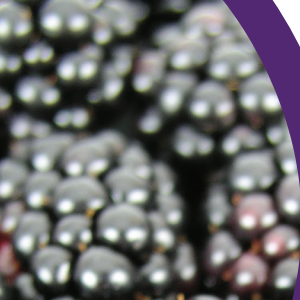


Plate it up!



Kentucky Blackberries

SEASON: June to September

NUTRITION FACTS: A one-half cup serving of raw berries contains 35 calories, has zero fat, and is a good source of potassium, vitamin C, and fiber.

SELECTION: Look for plump fruit that is uniform in color and appears fresh. Berries should be free of stems or leaves. Avoid fruit that is moldy, crushed, bruised, or contains extra moisture.

STORAGE: Store unwashed and covered berries in the refrigerator. Use within two days.

PREPARATION: Handle all berries gently. Wash berries by covering them with water and gently lifting the berries out. Remove any stems and drain on a single layer of paper towels. Blackberries are delicious cooked, which intensifies the flavor, or eaten fresh as a snack or in a salad.

PRESERVING: Berries may be preserved by canning or freezing, or made into jellies or jam. For more information, contact your local County Extension Office.

BLACKBERRIES

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

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Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand.

<http://plateitup.ca.uky.edu>



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