

Brussels Sprout Crostini, (adapted from [How Sweet It Is](#))

- 1 bulb roasted garlic, mashed
- 1 baguette, thinly sliced and lightly toasted
- 2 T olive oil
- 3/4 lb Brussels sprouts, sliced
- 1/4 t each sea salt, freshly ground black pepper
- pinch of nutmeg
- 2 T grated Parmigiano-Reggiano
- shaved Parmigiano-Reggiano

Heat 1 tablespoon of olive oil in a large pan over medium heat. Add Brussels sprouts, salt, pepper and nutmeg. Cook for 10 minutes, stirring occasionally. Remove from heat. Stir in grated parmesan cheese and 1 tablespoon of olive oil.

Spread garlic onto bread. Add cooked sprouts, then shaved Parmigiano-Reggiano. Serves 12-16.

Roasted Sweet Pepper Crostini

- 1 c [roasted sweet pepper](#), drained and chopped (about 5 medium sized peppers)
- 1-2 cloves of garlic, minced
- 2 T fresh parsley
- 2 T olive oil
- 1 T [10-year aged balsamic vinegar](#)
- sea salt and freshly ground black pepper
- 3 oz goat cheese
- black olives as garnish

- 1 [organic sprouted grain tourte](#), sliced and toasted ([Première Moisson](#)'s most delicious round loaf.)

Coat the toasted baguette with a layer of goat cheese. In a medium-sized bowl, combine all the remaining ingredients, seasoning them with salt and pepper to your taste.

Spoon the sweet pepper mixture over the toast. Serves 10.

Zucchini Crostini

- 4 zucchini, sliced 1/3-inch thick, grilled 4 minutes until lightly browned, then diced (makes 4 cups)
- 1/2 c finely chopped onion
- 1-2 T [Italian spice blend](#) (includes: oregano, basil, parsley, marjoram, rosemary, thyme, chili, onion, garlic, paprika)
- coarse sea salt and freshly ground black pepper
- 3 T olive oil
- 1 T [10-year aged balsamic vinegar](#)
- 1 baguette, sliced 1/2-inch thick

Preheat oven to 350 degrees F. Place baguette on a baking sheet. Brush with 2 tablespoons of olive oil. Bake for 8-12 minutes.

In a large bowl mix the zucchini, onion, Italian spice blend, salt, pepper, olive oil and balsamic vinegar. Let sit for 5-10 minutes for the flavours to meld. Taste to adjust seasoning. Spoon zucchini mixture over toasted baguette. Try one to see if additional salt and pepper is required. Makes 16 crostini. Serves 8-10.