

## **Fig and Goat Cheese with Pistachios and Fresh Mint**

8 fresh or dried figs, halved  
1 tbsp extra virgin olive oil  
2 tsp honey or agave nectar  
2 tsp balsamic vinegar  
Salt  
Pepper  
¼ cup chopped pistachios  
2 oz goat cheese, crumbled  
1 tbsp fresh mint, chopped.

Preheat oven to 350°F.

Combine oil, honey, vinegar and a dash of salt and pepper in small bowl. Add figs and toss to coat. Place on small baking sheet and bake for 8-10 minutes. Remove and cool.

Arrange figs face up on serving platter. Top with cheese, fresh mint and pistachios. May drizzle leftover dressing if desired. Enjoy!

Serving Size-4 halves

***Calories 180 Fat 10g Carbohydrate 21g Fiber 3g Sugar 17g Protein 5g Sodium 85mg***