



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Dried Figs with Ricotta, Honey & Walnuts

Ingredients:

- 8 dried figs
- ¼ cup part skim ricotta cheese
- 16 walnut halves
- 1 tablespoon honey

Directions:

1. Toast the walnuts in a dry skillet over a medium-high heat until fragrant, about 2 minutes. Set aside to cool.
2. Cut each fig in half crosswise, and place the fig pieces on a serving dish cut side up.
3. Make a small indentation into the cut side of each fig half with a small spoon or your finger. Put a ½ teaspoon of the ricotta cheese onto each piece of fig and top with a walnut half.
4. Drizzle each fig with honey and serve.

Serves 4

Nutrition: 142 calories, 8 g fat, 1 g saturated fat, 17 g carbohydrate, 2 g fiber, 4 g protein, 21 mg sodium

Source: Oldways

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