

Flatbread Stacks with Nectarines, Orange and Balsamic



MARINATED RED ONION:

1/2 small red onion, sliced into small pieces

1/2 cup water

1 tablespoon white vinegar

ORANGE SPREAD:

1/3 cup mascarpone cheese, softened

zest of one whole orange (half as grated zest, other half as long strands)

2 tablespoons fresh squeezed orange juice

the grated orange zest

ASSEMBLY:

32 small flatbread pieces, cut into bite sized rounds or squares), use fresh bread, not dry

1 1/2 nectarines, cut in small half slices (or other stone fruit)

Balsamic glaze (a reduced syrup)

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 8

You can use your choice of breads - flatbread is thin; baguette slices are slightly larger (don't toast them or they might be too crisp and hard to handle). Plain white bread might work too if you use thin sandwich bread and toast it first.

1. Combine the red onion, water and vinegar in a small bowl and set aside for about 20 minutes. Drain and set onion on paper toweling to dry.
2. In another bowl combine the orange spread: mascarpone, zest and juice. Stir to combine and set aside.
3. Cut the flatbread into appropriately sized pieces. Spread each bread with a small amount of the orange spread.
4. Top with a piece of nectarine (it shouldn't be any bigger than the bread piece), a piece or two of red onion, a few curls of orange zest, then drizzle the top with balsamic glaze to taste. It won't take much, less than 1/4 tsp per piece. Taste one to gauge how much you'll really need.

Per Serving (excluding unknown items): 40 Calories; 2g Fat (50.1% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 6mg Cholesterol; 4mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.