

The Art of Cuisine



Fig, Prosciutto, and Gorgonzola Salad

Sweet-tangy balsamic vinegar reduces to a syrupy glaze that glistens atop this simple yet elegant first course.

Yield: 6 servings

Ingredients

- 1/3 cup balsamic vinegar
- 2 tablespoons honey
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 2 ounces very thin slices prosciutto, cut into 1/8-inch-wide strips
- 12 large dark-skinned fresh figs, halved (such as Black Mission, Celeste, or Brown Turkey, about 1 pound)
- 3/4 cup (3 ounces) crumbled Gorgonzola cheese

Preparation

Combine first 4 ingredients in a small saucepan; bring to a boil. Reduce heat, and simmer until reduced to 1/4 cup (about 8 minutes). Cool.

Heat a large nonstick skillet over medium-high heat. Add prosciutto; sauté 3 minutes or until lightly browned.

Arrange 4 fig halves on each of 6 salad plates. Divide prosciutto evenly over servings. Sprinkle each serving with 2 tablespoons cheese; drizzle with 2 teaspoons balsamic reduction. Serve immediately.

Nutritional Information

Calories: 196 (27% from fat)
Fat: 5.8g (sat 3.1g, mono 1.2g, poly 0.3g)
Protein: 6.6g
Carbohydrate: 32.8g
Fiber: 3.7g
Cholesterol: 19mg
Iron: 0.8mg
Sodium: 481mg
Calcium: 124mg

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