

Stuffed Grilled Figs with Walnuts and Goat Cheese

1 lb fresh figs, halved lengthwise
2 T balsamic vinegar
2 T roasted walnut oil
2 T maple syrup
sea salt, to taste
4 oz creamy goat cheese
1/4 lb prosciutto, thinly sliced and cut into small strips (optional)
30 walnut halves, toasted
5 oz arugula

Preheat grill or grill pan to medium high. Slice fresh figs in half lengthwise. In small bowl, whisk together balsamic vinegar, walnut oil and maple syrup and season with sea salt to taste. Dip fig halves in balsamic mixture until coated. Place fig halves on hot grill for about 3 minutes with flesh side down. Once fig is caramelized, remove from grill. With flesh side up, make a small slice down the middle of each fig. Place 1/2 teaspoon of goat cheese in each slice along with a small piece of prosciutto and a toasted walnut. Place stuffed grilled figs on a bed of arugula greens and drizzle remaining balsamic mixture.

Recipe by Garden Chef Megan McCarthy



ATLANTA BOTANICAL GARDEN