

Caramelized Fig and Onion Bruschetta

2 T extra virgin coconut oil
1 sweet onion, sliced into strips
1/8 tsp sea salt
1 T agave nectar
1 T balsamic vinegar
1 lb fresh figs, diced
1 baguette, sliced thin
4 oz creamy goat cheese
Fresh chopped rosemary to garnish

Heat 2 tablespoons coconut oil in sauté pan on medium high heat. Add sliced onions and cook for 3-4 minutes until translucent. Add sea salt, agave nectar and balsamic vinegar and stir to combine. Reduce heat to medium and cook onions for another 10 minutes until slightly caramelized. Add chopped figs to onions and sauté on medium high for another 2-3 minutes until figs soften. Season with fresh cracked pepper to taste.

Arrange baguette slices on baking sheet and place under broiler until lightly toasted; about 2 minutes. Spread a light coating of goat cheese on toasted baguette slices. Top baguette slices with fig and onion mixture and garnish with chopped rosemary to serve.

Recipe by Garden Chef Megan McCarthy



ATLANTA BOTANICAL GARDEN