

Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

Potato Crusted Chevré Croutons

- 1 large potato, thinly sliced (24 slices)
- 4 tbsp (60 mL) sundried tomato pesto
- 1 small log chevré, room temperature
- 2 tsp (10 mL) Ontario Canola oil
- Ontario salt

Smear pesto on one side of 12 potato slices. Smear chevre on the other 12 potato slices. Put them together, pesto + chevre together to make 12 potato sandwiches. Warm oil in a skillet over medium heat. Cook goat cheese filled potatoes about 5 minutes each side or until browned. Drain on paper towels. Serve croutons on top of a fresh Ontario made salad.

Serves 6.



Recipe + photo courtesy of Lynn Ogryzlo

Episode #36: The Ontario Pantry

Email Lynn with questions or comments at lynnogryzlo@gmail.com

Because What You Put In Your Body Matters!