

Party Toast

Yield: about 18 slices

Ingredients:

- a 1-pound loaf of French bread, cut into ½-inch slices
- ¼ cup (½ stick) butter or margarine, softened
- 1 cup apple butter
- ½ cup finely chopped walnuts
- 4 ounces grated sharp Cheddar cheese

Procedure:

Preheat oven to 400 F. Lightly spread butter or margarine on one side of each bread slice, place slices on baking sheet, buttered side up, and bake until edges are golden brown, about 10 minutes. Allow bread to cool slightly. Meanwhile, combine apple butter and walnuts in a small bowl. Spread mixture on toasted side of bread slices and top with cheese. Place toast on baking sheet and bake at 400 F until cheese is bubbly, about five minutes. Serve warm.

170 calories
and 6.8 grams
of fat per slice

As a healthful holiday guide, remember that 30 minutes of moderate activity burns about 150 calories, or just about one slice of Party Toast.