



# SINLESS CROSTINI CONNOISSEUR

Simple Low-Carb Recipes Using Sinless Sourdough



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## About the Author

At the age of 12, MAC's love for baking began to blossom as she discovered the joy of creating delicious treats for her family. On Friday nights, she would whip up a loaf of banana bread, filling their home with the warm, inviting aroma of freshly baked goods.

These cozy evenings were often spent gathered around the television, enjoying classic shows like *The Monkees*, *Nanny and the Professor*, and *The Brady Bunch*.

On weekends, the family would retreat to their cottage, where MAC continued her baking tradition, sharing her banana bread with loved ones amidst the serene backdrop of nature. This early passion for baking not only fostered a sense of togetherness but also laid the foundation for her lifelong journey in the culinary world.

For the past decade and now in her 60's, MAC has dedicated herself to perfecting low carb dishes, including breads and baked goods, supporting her and her husband Shawn's low carb diet and lifestyle. This commitment has culminated in her latest passion project: mastering low-carb sourdough bread.

## The Quest for Authentic Low-Carb Sourdough

For over a year, MAC immersed herself in the intricate world of sourdough, adapting this ancient art to align with modern low carb dietary principles. Her journey began with a frustrating search for authentic low carb sourdough recipes, only to find inadequate alternatives:

- Sourdough starters using almond flour or other low carb flours, which lack fermentable carbohydrates.
- Recipes relying on yogurt, apple cider vinegar, buttermilk, or lemon juice with baker's yeast to mimic sourdough flavor and rise.

These methods, while producing tangy bread, fail to capture the true essence and health benefits of authentic sourdough.

## The Science of Sourdough

True sourdough bread is a product of fermentation by wild yeast and lactic acid bacteria. This process offers several health benefits:

1. **Improved digestibility:** The fermentation process breaks down gluten, making nutrients more bioavailable.
2. **Lower glycemic index:** Sourdough fermentation reduces the bread's glycemic impact, beneficial for blood sugar management.
3. **Probiotic properties:** The fermentation process cultivates beneficial bacteria, supporting gut health.

## MAC's Low-Carb Sourdough Innovation

After extensive experimentation, MAC successfully created recipes for:

- Low carb sourdough starter
- Low carb sourdough breads
- Low carb sourdough baked goods

Her innovative approach combines her extensive culinary knowledge with a commitment to healthful eating, resulting in guilt-free alternatives to traditional sourdough creations. These recipes maintain the authentic sourdough process while adhering to low-carb principles, offering a unique solution for those seeking the benefits of sourdough without the high carbohydrate content.

**Shari MAC** (formerly Shari Darling), a best-selling and International award-winning cookbook author, spent over three decades immersed in the world of traditional wine and gourmet food. She co-hosted a national TV series called “Simply Wine and Cheese” with the late Al Waxman, known for his role as Lieutenant Bert Samuels in the American TV series “Cagney and Lacey”.

As a syndicated columnist, food editor, recipe developer, and educator, MAC possesses extensive expertise in the culinary field. Currently, she teaches classes focused on various topics, including low-carb bread making, Keto diets, low-carb cooking, and homemade cheesemaking.

Her work in sensory science, as it pertains to wine and food pairing, has been implemented into training programs for chefs and sommeliers at George Brown College and CCOVI at Brock University in Ontario, Canada. MAC is also the creator of innovative learning tools such as the Icewine Flavour Wheel and the Canadian Wine Wheel.

However, her passion for gourmet fare came at a cost: a 70-pound weight gain.

Determined to reclaim her health, MAC embraced a Keto diet, later transitioning to a low-carb lifestyle. Coupled with giving up alcohol, this transformation led to successful weight loss and improved well-being.

Today, MAC channels her culinary expertise into blogging and teaching about low carb cooking, homemade cheesemaking, and low-carb sourdough baking. Her Keto and Low Carb recipes with Non-Alcoholic Wine Pairing Notes can be found at [ketopaleosharimac.com](https://ketopaleosharimac.com)

# Introduction

Welcome to Sinless Crostini Connoisseur—your go-to guide for mouth-watering low-carb bites perfectly paired with delightful wines! This exciting cookbook showcases a variety of crostini recipes that will elevate your entertaining game, all made using our amazing Sinless Sourdough baguettes.

Dive into the world of low-carb sourdough baking and discover how this wholesome bread can transform your gatherings! With Sinless Sourdough, you can create countless flavorful crostini that cater to every taste. From zesty toppings to creamy spreads, the possibilities are endless! Incorporating Sinless Sourdough into your entertaining not only delights your guests but also sparks conversation about the unique fermentation process that enhances gut health and digestion. Remember, the recipe is a family secret—just for you!

As you explore this cookbook, you'll find easy-to-follow recipes that inspire creativity. Think of these recipes as a springboard for your culinary adventures! Embrace the joy of entertaining with low-carb sourdough, and watch as your crostini hors d'oeuvres become the highlight of any occasion.

## The Recipes

Each recipe features simple, accessible ingredients. Use these recipes as a launching pad to unleash your creativity—feel free to improvise and make them your own! The secret to rich flavors lies in using fresh, high-quality, and seasonal ingredients. Every recipe in this collection highlights Sinless Sourdough baguette as the star ingredient.

## Nutritional Values

The nutritional information for each recipe includes the values for the Sinless Sourdough starter combined with the values for the baguettes made with Red Fife flour.

In the e-cookbook “Sunrise to Sunset” (as part of your membership) I valued a “round” with the same nutritional values as a slice of the Red Fife Artisan bread. The reason is that I cannot know how big and thick your slices of bread and rounds will be.

In this cookbook you need bite sized crostini for the recipes as they act as hors d’oeuvres. Each crostino is actually 2-bite sized!

The values below are based on your using the Sinless Sourdough Red Fife baguette recipe and making 3 baguettes from that recipe. If you use the Emile Henry Baguette Mold (as I do), then your 3 baguettes will be close to 13- inches long. To make crostini, you’ll need to cut off about a ½ inch from each end of a baguette. That leaves you with 12-inches or 12 (1-inch thick) crostini from one baguette.

In other words, one Sinless Sourdough Red Fife Baguette recipe will give you 36 crostini.

## Here are the values for 1 Sinless Sourdough Baguette (Based on 3 baguettes from one recipe):

- Calories: 613.69
- Fat: 4.10 g
- Total Carbohydrates: 113.44 g
- Fiber: 81.11 g
- Net Carbs: 32.33 g
- Protein: 66.11 g



- Sugar: 0.33 g
- Cholesterol: 1.67 mg

## Nutritional Values for 1 Crostino

- Calories: 52.56
- Fat: 0.34 grams
- Total Carbohydrates: 9.84 grams
- Fiber: 7.04 grams
- Net Carbs: 2.81 grams
- Protein: 5.51 grams
- Sugar: 0.03 grams
- Cholesterol: 0.14 mg
- Sodium: 54.06 mg

## Nutritional Information Disclaimer

The nutritional data provided in the recipe is approximate and should be used as a general reference. Variations in ingredients and preparation can influence accuracy, so enjoy the journey of cooking without stressing over the numbers!

Keep in mind that while all recipes are crafted to be low in carbohydrates, your creative modifications may affect the nutritional content. If you opt for the Sinless Sourdough Einkorn Artisan baguette recipe, expect different nutritional values. Because Einkorn flour is very low in gluten, your baguettes will be smaller in circumference.

Remember that if you make your bread using the Sinless Sourdough Einkorn Artisan bread recipe or one of the high protein recipes, the carb values will be lower.

## Fresh Cheese

Some recipes include fresh cheese, and to elevate your crostini even further, consider making your own fresh cheese using the recipes in your e-book, *Sinless Homemade Fresh Fromage*.

## The Wine Notes

We frequently opt to prepare crostini for dinner parties or special events. To enhance your culinary experience, I wanted to include some wine pairing notes.

If you're hosting, you're likely eager to serve the perfect wine alongside your crostini.

By the same token, if you're following a low-carb diet, chances are you are serious about reaching your ideal weight for your health. If this is the case, you may want to consider giving up alcohol, at least until you've reached your health goals. Why? Because alcohol is a major saboteur.

## Alcohol and Ketosis:

To complement your low-carb lifestyle, choose high-quality, de-alcoholised wines that are low in both carbs and sugar. These wines undergo a vinification process where alcohol is initially produced and then removed, allowing them to maintain their full flavor profile without the alcohol content. You can enjoy these wines just as much, without experiencing the negative side effects associated with alcohol.

Your liver processes alcohol before nutrients, pausing ketone creation and slowing the ketosis process. Furthermore, your body will metabolize alcohol as fuel before utilizing food, which can decelerate fat burning and may lead to the storage of carbs, fat,

and protein as excess body fat. Moreover, alcohol consumption stimulates the appetite, potentially causing overeating.

## Alcohol and Health

Did you know that when you consume alcohol, your liver has to work extra hard to break it down? This can result in damage to your liver. Furthermore, it can elevate your risk of health issues such as inflammation and cancer, particularly with heavy consumption. Additionally, alcohol can disrupt your blood sugar levels, leaving you feeling dehydrated and disrupting your body's normal functions.

## Non-Alcoholic Wines and Health Benefits:

Non-alcoholic wines with minimal carbs and sugar are advantageous for your health. They not only aid in weight management, blood sugar control, and hydration but also contain essential nutrients and antioxidants from wine grapes that can decrease your risk of health conditions like heart disease. Consequently, since they lack alcohol, they're ideal for socializing without any adverse effects, promoting feelings of happiness and reduced stress.

## Pairing Wine with Crostini

The same food and wine pairing rules apply whether you choose traditional or non-alcoholic wine. You pair the wine's predominant taste sensations with those in the crostini. These sensations include sourness (tanginess), sweetness, bitterness, saltiness, and umami.

Umami, the 5th taste sensation, is a Japanese word describing the roundness and depth of flavor in an ingredient or dish. Some ingredients naturally possess umami, like ripe tomatoes or cooked

asparagus, while others, such as cheese or aged beef, develop umami through the aging process.

Two pairing rules apply. You can match the wine to the dish based on similar taste sensations or offset them. For example, a white wine's crisp acidity (tanginess) complements the tanginess in fresh lemon juice over fish, matching taste sensations. Alternatively, you can offset taste sensations. This becomes necessary because wine doesn't possess all five sensations.

For instance, you cannot match salty with salty, because table wine is not salty. However, you can offset a wine's acidity (tanginess) with salty foods like smoked salmon, capers, or olives. A classic example of the offsetting principle is pairing crisp sparkling wine or brut Champagne (acidic) with raw oysters (salty).

These rules apply to both alcoholic and non-alcoholic wines. The main difference lies in how alcohol adds certain sensations to the wine, such as viscosity (thickness, weight, or mouth feel). Alcohol can also make a wine taste warm or heighten flavors like fruitiness.

Winemakers of non-alcoholic wines must account for the loss of alcohol. They remedy this by incorporating additives into the wine. Glycerol, for example, can give a wine more viscosity and sweetness to harmonize with the acidity. Glycerol is an alcohol sugar and contains carbs. You may see a wine labeled as having zero sugar but 10 grams of carbs. These carbs may come from the glycerol. In such cases, you'll need to add half the carbs into your macros for that glass of wine. So, if a nutritional label states that the wine has 10 grams of carbs per serving, add 5 of these into your carb macros for that meal.

## Wine Suggestions

Pairing wines with your crostini are a breeze! Each wine suggestion complements the predominant flavors of the crostini, enhancing the overall experience.

Whether it's a crisp white wine that matches the tanginess of lemon or a sweet wine that offsets heat and spicy flavors, you'll find the perfect match.

Feel free to explore various wines within the suggested styles—there's a world of options waiting for you!

Whether you're hosting a dinner party or enjoying a cozy lunch at the cottage, I hope you relish every moment with your Sinless Sourdough Crostini partnered with just the right wine as much as I enjoyed creating them!



# CHAPTER 1

## Meatless



# Sinless Caprese Crostini



Serves: 12



**Cook time:** 8-10 minutes



**Prep Time:** 15 minutes

## Equipment:

- Baking sheet
- Pastry brush
- Knife
- Cutting board
- Measuring cups
- Measuring spoons
- Saucepan



## Ingredients:

- 12 rounds of Sinless Sourdough Baguette
- $\frac{3}{4}$  cup olive oil
- 6 oz (170g) fresh mozzarella, sliced
- 2 large tomatoes, sliced
- Fresh basil leaves
- Balsamic glaze for drizzling\*
- Salt and pepper to taste
- \*See Balsamic Reduction Recipe Below

## Instructions:

1. Preheat your oven to 375°F (190°C).
2. Brush both sides of each baguette round generously with olive oil. Place on a baking sheet.
3. Bake the oiled baguette rounds in the oven for about 8-10 minutes, flipping halfway through, until they're golden brown and crispy. Don't let them burn.
4. Remove from oven.



5. Layer a slice of mozzarella on each crostino.
6. Change oven setting to broil. Place crostini on baking sheet. Broil for 2 to 3 minutes or until the cheese is melted and bubbly. Remove from oven.
7. Add tomato to each crostino.
8. Season with salt and pepper.
9. Drizzle 1 teaspoon of balsamic reduction over each crostino.
10. Garnish each crostino with fresh basil.
11. Arrange on a serving platter.

**Suggested Wine:** Off-dry rose: Tangy fresh tomato and sweet balsamic glaze demands an off dry rose. The wine's crisp acidity will match the tanginess of tomato while it's sweetness will harmonize with the glaze. Just make sure the wine has more sweetness than the glaze. Make sure the wine is low in sugar.

#### *Nutritional Values for 1 Crostino (without Balsamic Glaze)*

- Calories: 240.23
- Fat: 20.17g
- Total Carbohydrates: 9.84g
- Fiber: 7.04g
- Net Carbs: 2.81g
- Protein: 8.51g
- Sugar: 0.03g
- Cholesterol: 8.64mg
- Sodium: 122.06mg (not including added salt)



# Balsamic Glaze

Makes ½ cup (12 teaspoons, one tsp per crostini)

## Equipment:

- Saucepan
- Measuring cups
- Measuring spoons
- Glass jar with lid

## Ingredients:

- 1 cup balsamic vinegar



## Instructions:

1. Pour the balsamic vinegar into a small saucepan.
2. Heat over medium heat until the vinegar reaches a gentle boil.
3. Reduce the heat to low and let it simmer. Stir frequently to prevent burning.
4. Continue simmering until the vinegar has reduced by half and has thickened to a syrupy consistency. This typically takes about 8 to 12 minutes. The reduction will thicken further as it cools.
5. Remove from heat and let it cool. Pour the balsamic reduction into a glass jar or container for storage. It can be kept in the refrigerator for up to three months if stored properly.

# Sinless Goat Cheese and Caramelized Onion Crostini



Serves: 12



Prep Time: 15 minutes



Cook time: 1 ½ hours.

## Equipment:

- Saucepan (for onions)
- Baking sheet
- Pastry brush
- Skillet
- Knife
- Cutting board
- Measuring cups
- Measuring spoons



## Ingredients:

- 2 large yellow onions thinly sliced.
- 2 tbsp unsalted butter
- 1 tbsp balsamic vinegar
- Pepper to taste
- 12 rounds of Sinless Sourdough Baguette
- ¾ cup olive oil
- 8 oz (226g) goat cheese, softened

## Instructions:

1. Make caramelized onions in advance. In a large saucepan add 2 tablespoons of unsalted butter. Melt over medium heat.
2. Add the sliced onions to the skillet and stir to coat them in the fat.
3. Sprinkle the salt over the onions and stir again.
4. Reduce the heat to low and cook the onions, stirring every few minutes. If they begin to stick, add a splash of water as needed.



5. Continue cooking for about 50 to 80 minutes, until the onions are deeply golden brown and caramelized. Mix in balsamic vinegar. Season with pepper.
6. Preheat your oven to 375°F (190°C).
7. Brush both sides of each baguette round generously with olive oil. Place on a baking sheet.
8. Bake the oiled baguette rounds in the oven for about 8-10 minutes, flipping halfway through, until they're golden brown and crispy. Make sure they do not burn.
9. Remove from oven.
10. Spread goat cheese on each crostino.
11. Top with caramelized onions.
12. Arrange on a serving platter.

**Suggested Wine:** Off-dry rose: Tangy goat cheese and sweet caramelized onion need an off-dry rose. The wine's acidity will pair nicely with the tangy goat cheese while it's subtle sweetness with harmonize with the sweetness in caramelized onion. Make sure the wine is sweeter than the crostini. Add more balsamic to the caramelized onion if required to reduce the sweetness. Make sure the wine is low in sugar. In other words, don't buy a high sugar wine just to offset the sweetness or heat and spice in the recipe. Instead, adjust the recipe's sweetness and/or heat and spice to make sure the wine has more sweetness.

#### *Nutritional Values for 1 Crostino*

- Calories: 277.98
- Fat: 23.26g
- Total Carbohydrates: 11.51g
- Fiber: 7.37g
- Net Carbs: 4.14g
- Protein: 9.01g
- Sugar: 0.98g
- Cholesterol: 22mg
- Sodium: 120.73mg

# Sinless Goat Cheese with Chives and Garlic Crostini



Serves: 12



Prep Time: 15 minutes



Cook time: 8-10 minutes.

## Equipment:

- Baking sheet
- Pastry brush
- Mixing bowl
- Fork
- Knife
- Cutting board
- Measuring cups
- Measuring spoons



## Ingredients:

- 12 rounds of Sinless Sourdough Baguette
- 3/4 cup olive oil
- 8 oz (226g) goat cheese, softened
- 2 tbsp finely chopped fresh chives
- 1 clove garlic, minced
- Salt and pepper to taste

## Instructions:

1. Preheat your oven to 375°F (190°C).
2. Brush both sides of each baguette round generously with olive oil. Place on a baking sheet.
3. Bake the oiled baguette rounds in the oven for about 8-10 minutes, flipping halfway through, until they're golden brown and crispy. Don't let them burn.
4. Remove from oven.



5. In a mixing bowl, combine goat cheese, chives, garlic, salt, and pepper. Mix well.
6. Spread the goat cheese mixture on each crostino.
7. Arrange on a serving platter.

**Suggested Wine:** Crisp, dry white: Tanginess if the predominant taste sensation from the goat cheese and needs a white with crisp acidity to match. Choose Sauvignon Blanc, Pinot Gris, dry Riesling. Or go with a bone-dry sparkling wine.

#### *Nutritional Values for 1 Crostino:*

- Calories: 17.52
- Fat: 0.11 grams
- Total Carbohydrates: 3.28 grams
- Fiber: 2.35 grams
- Net Carbs: 0.94 grams
- Protein: 1.84 grams
- Sugar: 0.01 grams
- Cholesterol: 0.05 mg
- Sodium: 18.02 mg

# Sinless Feta and Spinach Dip Crostini



Serves: 12



Prep Time: 15 minutes



Cook time: 8-10 minutes.

## Equipment:

- Baking sheet
- Pastry brush
- Mixing bowl
- Knife
- Cutting board
- Measuring cups
- Measuring spoons



## Ingredients:

- 12 rounds of Sinless Sourdough Baguette
- $\frac{3}{4}$  cup olive oil
- 8 oz (226g) feta cheese, crumbled
- 1 cup cooked spinach, chopped and well drained
- $\frac{1}{4}$  cup sour cream
- 1 clove garlic, minced
- Salt and pepper to taste

## Instructions:

1. Preheat your oven to 375°F (190°C).
2. Brush both sides of each baguette round generously with olive oil. Place on a baking sheet.
3. Bake the oiled baguette rounds in the oven for about 8-10 minutes, flipping halfway through, until they're golden brown and crispy. Don't let them burn.
4. Remove from oven.

5. In a mixing bowl, combine feta, spinach, sour cream, garlic, salt, and pepper. Mix well.
6. Spread the spinach and feta dip on each crostino.
7. Arrange on a serving platter.

**Suggested Wine:** Crisp, dry white: Saltiness from the feta is the predominant taste sensation in these crostini. The wine's acidity will nicely offset the saltiness. Consider Sauvignon Blanc, dry Riesling, Pinot. Gris. Or go with a bone-dry sparkling wine.

#### *Nutritional Values for 1 Crostino:*

- Calories: 185
- Fat: 17 grams
- Total Carbohydrates: 5 grams
- Fiber: 2.5 grams
- Net Carbs: 2.5 grams
- Protein: 5 grams
- Sugar: 0.5 grams
- Cholesterol: 20 mg
- Sodium: 250 mg

# Sinless Ricotta with Sautéed Mushrooms and Thyme Crostini



**Serves:** 12



**Prep Time:** 15 minutes



**Cook time:** 10–15 minutes.

## Equipment:

- Baking sheet
- Pastry brush
- Mixing bowl
- Knife
- Cutting board
- Measuring cups
- Measuring spoons



## Ingredients:

- 12 rounds of Sinless Sourdough Baguette
- $\frac{3}{4}$  cup olive oil
- 2 tbsp unsalted butter
- 8 oz (226g) mushrooms, sliced
- 2 tbsp finely chopped fresh thyme (plus more for garnish)
- Salt and pepper to taste
- 1 cup ricotta cheese

## Instructions:

1. Preheat your oven to 375°F (190°C).
2. Brush both sides of each baguette round generously with olive oil. Place on a baking sheet.
3. Bake the oiled baguette rounds in the oven for about 8–10 minutes, flipping halfway through, until they're golden brown and crispy. Don't let them burn.





4. Remove from oven.
5. In a skillet, melt butter over medium heat. Add mushrooms and thyme, cooking until mushrooms are golden brown. Season with salt and pepper.
6. Spread ricotta cheese on each crostino.
7. Top with sautéed mushrooms.
8. Arrange on a serving platter. Garnish with fresh thyme.

**Suggested Wine:** Light, fruity red: The creaminess of fresh ricotta and earthy tones from the mushrooms work nicely with the fresh acidity and earthy nature of chilled Pinot Noir. Set wine in the fridge for a half hour before serving.

#### *Nutritional Values for 1 Crostino:*

- Calories: 221
- Total Fat: 19.6g
- Saturated Fat: 2.8g
- Cholesterol: 0mg
- Sodium: 638mg
- Total Carbohydrates: 10.4g
- Dietary Fiber: 2.8g
- Total Sugars: 5.6g
- Protein: 3.4g

# Sinless Feta and Olive Tapenade Crostini



Serves: 12



Prep Time: 15 minutes



Cook time: 8-10 minutes.

## Equipment:

- Baking sheet
- Pastry brush
- Mixing bowl
- Knife
- Cutting board
- Measuring cups
- Measuring spoons
- Citrus zester



## Ingredients:

- 12 rounds of Sinless Sourdough Baguette
- $\frac{3}{4}$  cup olive oil
- 1 cup pitted Kalamata olive
- 2 tbsp capers, drained
- 1 clove garlic
- 1 tbsp lemon juice
- $\frac{1}{4}$  cup olive oil
- 6 oz (170g) feta cheese, crumbled

## Instructions:

1. Preheat your oven to 375°F (190°C).
2. Brush both sides of each baguette round with olive oil. Place on a baking sheet.
3. Bake baguette rounds for 8-10 minutes, flipping halfway through, until golden brown and crispy. Don't let them burn.
4. Remove from oven.

5. In a food processor, combine olives, capers, garlic, lemon juice, and 1/4 cup olive oil. Pulse until finely chopped but not smooth.
6. Spread olive tapenade on each crostino.
7. Top with crumbled feta cheese.
8. Arrange on a serving platter.

**Suggested Wine:** Crisp, dry white: Feta, olives and capers all share saltiness. The refreshing acidity in a dry white nicely offsets this saltiness. Think Sauvignon Blanc, dry Riesling, Pinot Gris. Or go with a bone-dry sparkling wine.

#### *Nutritional Values for 1 Crostino:*

- Calories: 288.31
- Fat: 26.67g
- Total Carbohydrates: 10.09g
- Fiber: 7.21g
- Net Carbs: 2.89g
- Protein: 8.18g
- Sugar: 0.03g
- Cholesterol: 5.14mg
- Sodium: 254.06mg

# Sinless Ricotta with Lemon Zest and Fresh Mint Crostini



Serves: 12



Prep Time: 15 minutes



Cook time: 8-10 minutes.

## Equipment:

- Baking sheet
- Pastry brush
- Mixing bowl
- Knife
- Cutting board
- Measuring cups
- Measuring spoons
- Citrus zester



## Ingredients:

- 12 rounds of Sinless Sourdough Baguette
- $\frac{3}{4}$  cup olive oil
- 1 cup ricotta cheese
- Zest of 1 lemon
- 2 tbsp finely chopped fresh mint
- Salt and pepper to taste

## Instructions:

1. Preheat your oven to 375°F (190°C).
2. Brush both sides of each baguette round generously with olive oil. Place on a baking sheet.
3. Bake the oiled baguette rounds in the oven for about 8-10 minutes, flipping halfway through, until they're golden brown and crispy. Don't let them burn.
4. Remove from oven.

5. In a mixing bowl, combine ricotta cheese, lemon zest, mint, salt, and pepper. Mix well.
6. Spread the ricotta mixture on each crostino.
7. Arrange on a serving platter.

**Suggested Wine:** Crisp, dry white: Fresh ricotta is delicate in nature. Lemon zest is pleasantly bitter. The wine's crisp acidity will not overpower the ricotta and nicely offset the pleasant bitterness from the lemon zest. Choose Sauvignon Blanc, dry Riesling, or Pinot Gris. Or go with a bone-dry sparkling wine.

#### *Nutritional Values for 1 Crostino:*

- Calories: 272.31
- Fat: 25.34g
- Total Carbohydrates: 11.09g
- Fiber: 7.04g
- Net Carbs: 4.05g
- Protein: 6.84g
- Sugar: 0.03g
- Cholesterol: 10.28mg
- Sodium: 179.06mg

# Sinless Extra Old Cheddar and Spicy Jalapeño Crostini



Serves: 12



Prep Time: 15 minutes



Cook time: 8-10 minutes.

## Equipment:

- Baking sheet
- Pastry brush
- Mixing bowl
- Knife
- Cheese grater
- Cutting board
- Measuring cups
- Measuring spoons



## Ingredients:

- 12 rounds of Sinless Sourdough Baguette
- $\frac{3}{4}$  cup olive oil
- 6 oz shredded (170g) extra old cheddar cheese
- 1-2 jalapeños, (spines and seeds removed for less heat), chopped

## Instructions:

1. Preheat your oven to 375°F (190°C).
2. Brush both sides of each baguette round generously with olive oil. Place on a baking sheet.
3. Bake the oiled baguette rounds in the oven for about 8-10 minutes, flipping halfway through, until they're golden brown and crispy. Don't let them burn.
4. Remove from oven.

5. Top each crostino with shredded cheddar cheese and a few chopped jalapeño.
6. Change oven setting to broil. Place crostini on baking sheet. Broil for 2 to 3 minutes or until the cheese is melted and bubbly. Remove from oven.
7. Arrange on a serving platter.

**Suggested Wine:** Off-dry rose: Cheddar has saltiness and jalapenos are hot. Choose an off-dry rose with zesty acidity to offset the saltiness and some sweetness to offset the jalapeno heat. Just make sure the wine has more sweetness than the heat in the crostini. Make sure the wine is low in sugar. In other words, don't buy a high sugar wine just to offset the sweetness or heat and spice in the recipe. Instead, adjust the recipe's sweetness and/or heat and spice to make sure the wine has more sweetness.

#### *Nutritional Values for 1 Crostino:*

- Calories: 307.81
- Fat: 27.17g
- Total Carbohydrates: 10.09g
- Fiber: 7.04g
- Net Carbs: 3.05g
- Protein: 7.34g
- Sugar: 0.03g
- Cholesterol: 15.14mg
- Sodium: 254.06mg

# Sinless Herbed Goat Cheese and Sun-Dried Tomato Crostini



Serves: 12



Prep Time: 15 minutes



Cook time: 8-10 minutes.

## Equipment:

- Baking sheet
- Pastry brush
- Mixing bowl
- Knife
- Cutting board
- Measuring cups
- Measuring spoons



## Ingredients:

- 2 rounds of Sinless Sourdough Baguette
- $\frac{3}{4}$  cup olive oil
- 8 oz (226g) goat cheese, softened
- 2 tbsp finely chopped fresh herbs (such as rosemary) or left whole
- Salt and pepper to taste
- $\frac{1}{4}$  cup sun-dried tomatoes, chopped

## Instructions:

1. Preheat your oven to 375°F (190°C).
2. Brush both sides of each baguette round generously with olive oil. Place the slices on a baking sheet.
3. Bake the oiled baguette rounds in the oven for about 8-10 minutes, flipping halfway through, until they're golden brown and crispy. Make sure they don't burn.





4. Remove from oven.
5. In a mixing bowl, combine goat cheese, herbs, salt, and pepper.
6. Spread the herbed goat cheese on each crostino.
7. Top with chopped sun-dried tomatoes.
8. Garnish with fresh rosemary.
9. Arrange on a serving platter.

**Suggested Wine:** Light, fruity red: The tanginess of fresh goat cheese and fruitiness of sundried tomato works well with a light, fruity red. The wine's acidity and fruitiness will match the same taste sensations in the crostini. Pinot Noir is ideal. Chill for a half hour in the fridge before serving.

#### *Nutritional Values for 1 Crostino:*

- Calories: 270.81
- Fat: 23.84g
- Total Carbohydrates: 10.59g
- Fiber: 7.12g
- Net Carbs: 3.47g
- Protein: 8.84g
- Sugar: 0.23g
- Cholesterol: 10.14mg
- Sodium: 175.73mg

# Sinless Garlic and Brie Crostini



Serves: 12



Prep Time: 15 minutes



Cook time: 8-10 minutes.

## Equipment:

- Baking sheet
- Pastry brush
- Mixing bowl
- Knife
- Cutting board
- Measuring cups
- Measuring spoons



## Ingredients:

- 12 rounds of Sinless Sourdough Baguette
- $\frac{3}{4}$  cup olive oil
- 8 oz (226g) brie cheese, softened
- 2 tbsp finely chopped fresh chives
- 1 tbsp finely chopped fresh parsley
- 1 tsp finely chopped fresh thyme (or rosemary)
- 1 small clove garlic, minced
- Salt and pepper to taste

## Instructions:

1. Preheat your oven to 375°F (190°C).
2. Brush both sides of each baguette round generously with olive oil. Place on a baking sheet.
3. Bake the oiled baguette rounds in the oven for about 8-10 minutes, flipping halfway through, until they're golden brown and crispy. Don't let them burn.



4. Remove from oven.
5. In a mixing bowl, combine the softened brie cheese, chives, parsley, thyme, and minced garlic. Mix well.
6. Season the mixture with salt and pepper to taste.
7. Spread a generous layer of the brie mixture on each crostino.
8. Arrange on a serving platter.

**Suggested Wine:** Light, fruity red: Brie is creamy, fatty, and earthy. A light, fruity red has enough weight to match the fattiness of Brie. Choose an earthy Pinot Noir. Chill in the fridge for a half hour before serving.

#### *Nutritional Values for 1 Crostino:*

- Calories: 278.31
- Fat: 24.84g
- Total Carbohydrates: 10.09g
- Fiber: 7.04g
- Net Carbs: 2.81g
- Protein: 8.01g
- Sugar: 0.03g
- Cholesterol: 25.14mg
- Sodium: 204.06mg

# CHAPTER 2

## Eggs



# Sinless Egg Salad with Chives Crostini



Serves: 12



Prep Time: 15 minutes



Cook time: 8-10 minutes.

## Equipment:

- Saucepan (for eggs)
- Baking sheet
- Pastry brush
- Mixing bowl
- Knife
- Cutting board
- Measuring cups
- Measuring spoons



## Ingredients:

- 12 rounds of Sinless Sourdough Baguette
- $\frac{3}{4}$  cup olive oil
- 6 hard-boiled eggs, chopped
- $\frac{1}{4}$  cup mayonnaise
- 2 tbsp finely chopped fresh chives
- • Salt and pepper to taste

## Instructions:

1. Preheat your oven to 375°F (190°C).
2. Brush both sides of each baguette round generously with olive oil. Place on a baking sheet.
3. Bake the oiled baguette rounds in the oven for about 8-10 minutes, flipping halfway through, until they're golden brown and crispy. Don't let them burn.
4. Remove from oven.



5. In a mixing bowl, combine chopped eggs, mayonnaise, chives, salt, and pepper. Mix well.
6. Spread the egg salad mixture on each crostino.
7. Arrange on a serving platter.

**Suggested Wine:** Crisp, dry white: Normally, eggs don't work with wine. But we have some mayonnaise that changes this old rule. The wine's refreshing acidity will complement without overpowering the delicate nature of eggs. Think Sauvignon Blanc, dry Riesling, or Pinot Gris. Or go with a bone-dry sparkling wine.

#### *Nutritional Values for 1 Crostino:*

- Calories: 283.31
- Fat: 26.17g
- Total Carbohydrates: 10.59g
- Fiber: 7.04g
- Net Carbs: 3.55g
- Protein: 6.84g
- Sugar: 0.23g
- Cholesterol: 58.14mg
- Sodium: 175.06mg

# Sinless Cheddar-Ranch Egg Crostini



Serves: 12



Prep Time: 10 minutes



Cook time: 5 minutes.

## Equipment:

- Pot (for boiling eggs)
- Baking sheet
- Pastry brush
- Mixing bowl
- Knife
- Cutting board
- Cheese grater
- Measuring cups
- Measuring spoons



## Ingredients:

- 12 rounds of Sinless Sourdough Baguette
- $\frac{3}{4}$  cup olive oil
- 4 large, hard-boiled eggs, peeled
- 2 tbsp ranch-style dressing
- $\frac{1}{2}$  cup shredded medium cheddar cheese
- Finely chopped fresh parsley for garnish

## Instructions:

1. Preheat your oven to 375°F (190°C).
2. Brush both sides of each baguette round generously with olive oil. Place on a baking sheet.
3. Bake the oiled baguette rounds in the oven for about 8-10 minutes, flipping halfway through, until they're golden brown and crispy. Don't let them burn.



4. Remove from oven.
5. In a mixing bowl, stir together the chopped hard-boiled eggs and ranch dressing.
6. Spoon the egg mixture onto each crostino.
7. Top with shredded cheddar cheese.
8. Change oven setting to broil. Place crostini on baking sheet. Broil for 2 to 3 minutes or until the cheese is melted and bubbly. Remove from oven.
9. Garnish with fresh parsley.

**Suggested Wine:** Crisp, dry white: Egg normally does not work with wine. However, we've got lots of other flavors going on here. So, we can break this old rule. A crisp, dry white won't overpower egg. By the same token, its crisp acidity will nicely offset the saltiness in cheddar. Think Sauvignon Blanc, dry Riesling, Pinot Gris. Or go with a bone-dry sparkling wine.

#### *Nutritional Values for 1 Crostino:*

- Calories: 293.31
- Fat: 26.34g
- Total Carbohydrates: 10.34g
- Fiber: 7.04g
- Net Carbs: 3.31g
- Protein: 8.51g
- Sugar: 0.11g
- Cholesterol: 77.14mg
- Sodium: 154.06mg



# Sinless Deviled Egg Crostini



Serves: 12



Prep Time: 15 minutes



Cook time: 10 minutes.

## Equipment:

- Pot (for boiling eggs)
- Baking sheet
- Pastry brush
- Mixing bowl or Food processor (optional)
- Knife
- Cutting board
- Measuring cups
- Measuring spoons

## Ingredients:

- 12 rounds of Sinless Sourdough Baguette
- $\frac{3}{4}$  cup olive oil
- 6 large, hard-boiled eggs, peeled
- $\frac{1}{4}$  cup mayonnaise (preferably sugar-free)
- 1 tsp Dijon mustard
- 1 tbsp apple cider vinegar
- Salt and pepper to taste
- 1 tbsp fresh chives, finely chopped (plus more for garnish)
- Paprika for garnish
- Olive oil for brushing



## Instructions:

1. Preheat your oven to 375°F (190°C).
2. Brush both sides of each baguette round with olive oil and place on a baking sheet.
3. Bake the baguette rounds in the oven for about 8-10 minutes, flipping halfway through, until they're golden brown and crispy. Don't let them burn.
4. Remove from oven.
5. In a mixing bowl, mash the hard-boiled eggs with a fork or use a food processor for a smoother texture.
6. Add mayonnaise, Dijon mustard, apple cider vinegar, salt, pepper, and chives to the mashed eggs. Mix until well combined and creamy. Adjust seasoning as needed.
7. Spread a generous tablespoon of the deviled egg mixture onto each crostino.
8. Garnish with additional chopped chives and a sprinkle of paprika.
9. Arrange on a serving platter.

**Suggested Wine:** Crisp, dry white: Egg normally does not work with wine. However, we've got lots of other flavors going on here. So, we can break this old rule. The wine is light enough to not overpower egg. It also has enough weight to work with mayo. Think Sauvignon Blanc, dry Riesling, Pinot Gris. Or go with a bone-dry sparkling wine.

### *Nutritional Values for 1 Crostino:*

- Calories: 282.31
- Fat: 25.67g
- Total Carbohydrates: 10.34g
- Fiber: 7.04g
- Net Carbs: 3.30g
- Protein: 6.84g
- Sugar: 0.03g
- Cholesterol: 75.14mg
- Sodium: 154.06mg

# **CHAPTER 3**

## **Fish and Seafood**



# Sinless Tuna Melt Crostini



**Serves:** 12



**Prep Time:** 10 minutes



**Cook time:** 6 minutes.

## Equipment:

- Baking sheet
- Pastry brush
- Mixing bowl
- Knife
- Cheese grater
- Cutting board
- Measuring cups
- Measuring spoons



## Ingredients:

- 12 rounds of Sinless Sourdough Baguette
- $\frac{3}{4}$  cup olive oil
- 2 (6 oz) cans white tuna, drained
- $\frac{1}{4}$  cup mayonnaise
- 1 tbsp red onion, diced
- 1 tbsp finely chopped fresh parsley, reserve half for garnish
- Salt and pepper to taste
- 1 to 2 plum tomatoes, sliced
- 1 cup shredded mozzarella cheese, shredded

## Instructions:

1. Preheat your oven to 375°F (190°C).
2. Brush both sides of each baguette round. with olive oil and place on a baking sheet.
3. Bake the baguette rounds in the oven for about 8-10 minutes, flipping halfway through, until they're golden brown and crispy. Don't let them burn.



4. Remove from oven.
5. In a mixing bowl, combine the drained tuna, mayonnaise, red onion, half of the parsley, salt, and pepper. Mix well.
6. Spread the tuna mixture evenly over each crostino.
7. Top each crostino with a tomato slice and an even amount of shredded mozzarella cheese.
8. Change oven setting to broil. Place crostini on baking sheet. Broil for 2 to 3 minutes or until the cheese is melted and bubbly. Remove from oven.
9. Garnish with the remaining parsley.

**Suggested Wine:** Crisp, dry white: Canned tuna is delicate and so works best with a crisp dry white wine. Mozzarella is also delicate. Tomatoes are tangy. Think Sauvignon Blanc, dry Riesling, or Pinot Gris. Or go with a bone-dry sparkling wine. The wine's crisp acidity will complement the tuna and mozzarella and pair nicely with the tanginess of tomato.

If you want to go with red, choose Pinot Noir. This red is light enough to not overpower tuna.

#### *Nutritional Values for 1 Crostino:*

- Calories: 305.31
- Fat: 25.34g
- Total Carbohydrates: 10.34g
- Fiber: 7.04g
- Net Carbs: 3.30g
- Protein: 13.01g
- Sugar: 0.11g
- Cholesterol: 18.14mg
- Sodium: 254.06mg

# Sinless Tuna Caper Crostini



**Serves:** 12



**Prep Time:** 10 minutes



**Cook time:** 10 minutes.

## Equipment:

- Baking sheet
- Pastry brush
- Mixing bowl
- Knife
- Cutting board
- Measuring cups
- Measuring spoons



## Ingredients:

- 12 rounds of Sinless Sourdough Baguette
- $\frac{3}{4}$  cup olive oil
- 2 (6-ounce) cans white tuna, drained
- $\frac{1}{4}$  cup capers, drained and chopped
- 1 large shallot, minced
- $\frac{1}{4}$  cup extra-virgin olive oil
- 2 tbsp fresh lemon juice
- Salt and pepper to taste
- Fresh parsley for garnish, chopped

## Instructions:

1. Preheat your oven to 375°F (190°C).
2. Brush both sides of each baguette round with olive oil and place on a baking sheet.
3. Bake the baguette rounds in the oven for about 8-10 minutes, flipping halfway through, until they're golden brown and crispy. Don't let them burn.
4. Remove from oven.



5. In a mixing bowl, combine the drained tuna, capers, minced shallot, olive oil, lemon juice, salt, and pepper. Mix until well combined.
6. Spoon the tuna mixture generously onto each crostino.
7. Return to the oven for an additional 2-3 minutes to warm through.
8. Garnish with fresh parsley.

**Suggested Wine:** Crisp, dry white: Tuna is delicate and works best with a crisp, white wine. Capers are salty. The wine's acidity will nicely offset the caper saltiness. Go for Sauvignon Blanc, dry Riesling, Pinot Gris. Or go with a bone-dry sparkling wine. If you prefer red, think Pinot Noir. Pinot Noir's crisp acidity will also offset the saltiness of capers.

#### *Nutritional Values for 1 Crostino:*

- Calories: 296.31
- Fat: 26.84g
- Total Carbohydrates: 10.34g
- Fiber: 7.04g
- Net Carbs: 3.30g
- Protein: 10.34g
- Sugar: 0.03g
- Cholesterol: 15.14mg
- Sodium: 254.06mg

# Sinless Creamy Salmon Crostini



Serves: 12



Prep Time: 10 minutes



Cook time: 5 minutes.

## Equipment:

- Baking sheet
- Pastry brush
- Mixing bowl
- Knife
- Cutting board
- Measuring cups
- Measuring spoons



## Ingredients:

- 12 rounds of Sinless Sourdough Baguette
- $\frac{3}{4}$  cup olive oil
- 2 cans (6 oz ea.) pink salmon, drained
- $\frac{1}{4}$  cup cream cheese, softened
- 2 tbsp mayonnaise
- 1 tbsp fresh dill, chopped
- 1 tbsp fresh lemon juice
- Salt and pepper to taste
- Capers, drained, for garnish (optional)

## Instructions:

1. Preheat your oven to 375°F (190°C).
2. Brush both sides of each baguette round with olive oil and place on a baking sheet.
3. Bake the baguette round in the oven for about 8-10 minutes, flipping halfway through, until they're golden brown and crispy. Don't let them burn.





4. Remove from oven.
5. In a mixing bowl, combine the drained salmon, cream cheese, mayonnaise, dill, lemon juice, salt, and pepper. Mix until well combined.
6. Spread a generous layer of the salmon mixture on each crostino.
7. Garnish with capers.

**Suggested Wine:** Light, fruity red: Canned salmon has some fattiness, along with the mayo and cream cheese. Capers are salty. A light, fruity red like Pinot Noir has enough weight to stand up to the fattiness on this crostino. The wine's acidity also nicely offsets the saltiness of capers.

#### *Nutritional Values for 1 Crostino:*

- Calories: 298.31
- Fat: 26.34g
- Total Carbohydrates: 10.34g
- Fiber: 7.04g
- Net Carbs: 3.30g
- Protein: 11.34g
- Sugar: 0.03g
- Cholesterol: 43.14mg
- Sodium: 254.06mg

# Sinless Spicy Salmon and Avocado Crostini



Serves: 12



Prep Time: 10 minutes



Cook time: 5 minutes.

## Equipment:

- Baking sheet
- Pastry brush
- Mixing bowl
- Knife
- Cutting board
- Measuring cups
- Measuring spoons



## Ingredients:

- 12 rounds of Sinless Sourdough Baguette
- $\frac{3}{4}$  cup olive oil
- 2 (6 oz ea.) cans pink salmon, drained
- 1 tbsp fresh lime juice
- 1 tsp sriracha hot sauce (adjust to taste)
- Salt and pepper to taste
- 2 ripe avocados, thinly sliced
- Fresh cilantro, chopped, for garnish.

## Instructions:

1. Preheat your oven to 375°F (190°C).
2. Brush both sides of each baguette round with olive oil and place on a baking sheet.
3. Bake the baguette rounds in the oven for about 8–10 minutes, flipping halfway through, until they're golden brown and crispy. Don't let them burn.



4. Remove from oven.
5. In a mixing bowl, combine the drained salmon, lime juice, sriracha, salt, and pepper. Mix until well combined.
6. Spread the salmon on each crostino.
7. Add slices of avocado.
8. Garnish each one with fresh cilantro.

**Suggested Wine:** Crisp, dry white: This crostino works nicely with a crisp dry white. The wine's acidity complements the tanginess of lime. Think Sauvignon Blanc, dry Riesling, Pinot Gris. Or go for a bone-dry sparkling wine. If you add the hot sauce, you'll need an off-dry rose. The rose's sweetness will offset the heat. Make sure the wine is low in sugar.

#### *Nutritional Values for 1 Crostino:*

- Calories: 305.31
- Fat: 27.34g
- Total Carbohydrates: 10.34g
- Fiber: 7.04g
- Net Carbs: 3.30g
- Protein: 11.34g
- Sugar: 0.03g
- Cholesterol: 43.14mg
- Sodium: 254.06mg

# Sinless Shrimp Crostini



**Serves:** 12



**Prep Time:** 10 minutes



**Cook time:** 8-10 minutes.

## Equipment:

- Baking sheet
- Pastry brush
- Mixing bowl
- Knife
- Cutting board
- Measuring cups
- Measuring spoons



## Ingredients:

- 12 rounds of Sinless Sourdough Baguette
- $\frac{3}{4}$  cup olive oil
- 4 cloves garlic, minced
- 1 lb (450g) baby shrimp, peeled and deveined
- $\frac{1}{4}$  cup white wine or de-alcoholized white wine low in sugar
- 2 tbsp fresh parsley, chopped
- Salt and pepper to taste

## Instructions:

1. Preheat your oven to 375°F (190°C).
2. Brush both sides of each baguette round generously with olive oil. Place on a baking sheet.
3. Bake the oiled baguette rounds in the oven for about 8-10 minutes, flipping halfway through, until they're golden brown and crispy. Don't let them burn.
4. Remove from oven.

5. In a skillet, heat olive oil over medium heat. Add garlic and shrimp, cooking until shrimp are pink.
6. Reserve shrimp.
7. If using, add white wine and simmer for 2–3 minutes. Season with salt, pepper, and parsley. Reduce wine to half.
8. Reintroduce shrimp to pan and coat.
9. Top each crostino with a generous portion of the shrimp mixture.
10. Arrange on a serving platter.

**Suggested Wine:** Crisp, dry white: The simple flavors of shrimp and garlic in olive oil and white wine sauce demand a crisp, dry white wine. The wine's acidity will match the acidity in the wine sauce. Think Sauvignon Blanc, dry Riesling, or Pinot Gris. Or go with a bone-dry sparkling wine.

#### *Nutritional Values for 1 Crostino:*

- Calories: 298.31
- Fat: 26.34g
- Total Carbohydrates: 10.34g
- Fiber: 7.04g
- Net Carbs: 3.30g
- Protein: 11.34g
- Sugar: 0.03g
- Cholesterol: 85.14mg
- Sodium: 254.06mg

# Sinless Smoked Salmon on with Dill Cream Cheese Crostini



Serves: 12



Prep Time: 15 minutes



Cook time: 8-10 minutes.

## Equipment:

- Baking sheet
- Pastry brush
- Mixing bowl
- Knife
- Cutting board
- Measuring cup
- Measuring spoons



## Ingredients:

- 12 rounds of Sinless Sourdough Baguette
- $\frac{3}{4}$  cup olive oil
- 8 oz (226g) cream cheese, softened
- 2 tbsp fresh dill, finely chopped
- 1 tbsp fresh lemon juice
- 6 oz (170g) smoked salmon, thinly sliced
- Salt and pepper to taste

## Instructions:

1. Preheat your oven to 375°F (190°C).
2. Brush both sides of each baguette round generously with olive oil. Place the slices on a baking sheet.
3. Bake the oiled baguette rounds in the oven for about 8-10 minutes, flipping halfway through, until they're golden brown and crispy. Don't let them burn.



4. Remove from oven.
5. In a mixing bowl, combine cream cheese, dill, lemon juice, salt, and pepper. Mix well.
6. Spread the dill cream cheese mixture on each crostino.
7. Top with a slice of smoked salmon.
8. Garnish with additional dill if desired.
9. Arrange on a serving platter and serve immediately.

**Suggested Wine:** Crisp, dry white: The saltiness of smoked salmon and creaminess of cream cheese need a crisp, dry white wine. The wine's acidity will offset the saltiness. Consider Sauvignon Blanc, dry Riesling, or Pinot Gris are ideal partners. Or go with a bone-dry sparkling wine.

#### *Nutritional Values for 1 Crostino:*

- Calories: 306.31
- Fat: 27.34g
- Total Carbohydrates: 10.34g
- Fiber: 7.04g
- Net Carbs: 3.30g
- Protein: 8.84g
- Sugar: 0.03g
- Cholesterol: 30.14mg
- Sodium: 254.06mg

# CHAPTER 4

## Chicken





# Sinless Curried Chicken Salad Crostini



Serves: 12



Prep Time: 15 minutes



Cook time: 8-10 minutes.

## Equipment:

- Baking sheet
- Pastry brush
- Mixing bowl
- Knife
- Cutting board
- Measuring cups
- Measuring spoons



## Ingredients:

- 12 rounds of Sinless Sourdough Baguette
- $\frac{3}{4}$  cup olive oil
- 1  $\frac{1}{2}$  cup cooked chicken, diced
- $\frac{1}{4}$  cup mayonnaise
- 1 tbsp curry powder
- 2 tbsp finely chopped fresh cilantro or parsley
- 2 tbsp finely diced red onion
- Salt and pepper to taste

## Instructions:

1. Preheat your oven to 375°F (190°C).
2. Brush both sides of each baguette round generously with olive oil. Place on a baking sheet.
3. Bake the oiled baguette rounds in the oven for about 8-10 minutes, flipping halfway through, until they're golden brown and crispy. Don't let them burn.

4. Remove from oven.
5. In a mixing bowl, combine chicken, mayonnaise, curry powder, cilantro, and red onion. Mix well and season with salt and pepper to taste.
6. Top each crostino with the curried chicken salad.
7. Arrange on a serving platter.

**Suggested Wine:** Off-dry rose: With the spiciness of this crostini from the curry you need some sweetness in the wine. A wine's sweetness will offset that spiciness bringing harmony to the palate. Go with an off-dry rose with a hint of sweetness. Make sure the wine is low in sugar. In other words, don't buy a high sugar wine just to offset the sweetness or heat and spice in the recipe. Instead, adjust the recipe's sweetness and/or heat and spice to make sure the wine has more sweetness.

#### *Nutritional Values for 1 Crostino:*

- Calories: Approximately 320
- Fat: Approximately 28g
- Total Carbohydrates: Approximately 11g
- Fiber: Approximately 7g
- Net Carbs: Approximately 4g
- Protein: Approximately 10g
- Sugar: Less than 1g
- Cholesterol: Approximately 40mg
- Sodium: Approximately 200mg

# Sinless Pesto Chicken Salad Crostini



Serves: 12



Prep Time: 15 minutes



Cook time: 8-10 minutes.

## Equipment:

- Baking sheet
- Pastry brush
- Mixing bowl
- Knife
- Cutting board
- Measuring cups
- Measuring spoons



## Ingredients:

- 12 rounds of Sinless Sourdough Baguette
- $\frac{3}{4}$  cup olive oil
- 1  $\frac{1}{2}$  cups shredded cooked chicken
- $\frac{1}{4}$  cup store-bought pesto (low in sugar or sugar-free)
- 2 tbsp pine nuts
- Salt and pepper to taste

## Instructions:

1. Preheat your oven to 375°F (190°C).
2. Brush both sides of each baguette round generously with olive oil. Place on a baking sheet.
3. Bake the oiled baguette rounds in the oven for about 8-10 minutes, flipping halfway through, until they're golden brown and crispy. Don't let them burn.
4. Remove from oven.



5. In a mixing bowl, combine shredded chicken, pesto, pine nuts, salt, and pepper. Mix well.
6. Top each crostino with the pesto chicken salad.
7. Arrange on a serving platter.

**Suggested Wine:** Medium-bodied red: Pesto is bold and fatty. You'll need a medium-bodied red with enough weight to match this fattiness. Consider has Merlot, Shiraz, Zinfandel.

#### *Nutritional Values for 1 Crostino:*

- Calories: Approximately 290
- Fat: Approximately 25g
- Total Carbohydrates: Approximately 11g
- Fiber: Approximately 7g
- Net Carbs: Approximately 4g
- Protein: Approximately 9g
- Sugar: Less than 1g
- Cholesterol: Approximately 30mg
- Sodium: Approximately 200mg

# Sinless Buffalo Chicken with Blue Cheese Crumbles Crostini



Serves: 12



Prep Time: 15 minutes



Cook time: 8-10 minutes.

## Equipment:

- Baking sheet
- Pastry brush
- Mixing bowl
- Knife
- Cutting board
- Measuring cups
- Measuring spoons



## Ingredients:

- 12 rounds of Sinless Sourdough Baguette
- $\frac{3}{4}$  cup olive oil
- 2 cups shredded cooked chicken
- 1 to 2 tbsp Frank's hot sauce (keto-friendly) or to taste
- 6 oz blue cheese, crumbled
- 2 tbsp fresh chives, finely chopped
- Salt and pepper to taste

## Instructions:

1. Preheat your oven to 375°F (190°C).
2. Brush both sides of each baguette round generously with olive oil. Place on a baking sheet.
3. Bake the oiled baguette rounds in the oven for about 8-10 minutes, flipping halfway through, until they're golden brown and crispy. Don't let them burn.



4. Remove from oven.
5. In a mixing bowl, combine shredded chicken and hot sauce. Mix well.
6. Top each crostino with the hot sauce chicken mixture.
7. Sprinkle blue cheese crumbles and chives on top.
8. Arrange on a serving platter.

**Suggested Wine:** Off-dry rose: The heat and spice from the Buffalo sauce demands a rose with some sweetness. The rose's crisp acidity will also offset the saltiness of the blue cheese. Make sure the wine is low in sugar. In other words, don't buy a high sugar wine just to offset the sweetness or heat and spice in the recipe. Instead, adjust the recipe's sweetness and/or heat and spice to make sure the wine has more sweetness.

#### *Nutritional Values for 1 Crostino:*

- Calories: Approximately 320
- Fat: Approximately 28g
- Total Carbohydrates: Approximately 11g
- Fiber: Approximately 7g
- Net Carbs: Approximately 4g
- Protein: Approximately 12g
- Sugar: Less than 1g
- Cholesterol: Approximately 50mg
- • Sodium: Approximately 300mg

# Sinless Italian Chicken Crostini



Serves: 12



Prep Time: 10 minutes



Cook time: 5 minutes.

## Equipment:

- Baking sheet
- Pastry brush
- Mixing bowl
- Knife
- Cutting board
- Measuring cups
- Measuring spoons



## Ingredients:

- 12 rounds of Sinless Sourdough Baguette
- $\frac{3}{4}$  cup olive oil
- 12 oz rotisserie chicken or canned chicken, shredded
- $\frac{1}{4}$  cup mayonnaise
- 2 tbsp fresh lemon juice
- 2 cloves garlic, minced
- 2 tbsp fresh Italian parsley, minced
- Salt and pepper to taste
- 6 oz Parmigiano Reggiano cheese, shaved (for topping)

## Instructions:

1. Preheat your oven to 375°F (190°C).
2. Brush both sides of each baguette round generously with olive oil. Place on a baking sheet.
3. Bake the oiled baguette rounds in the oven for about 8-10 minutes, flipping halfway through, until they're golden brown and crispy. Don't let them burn.



4. Remove from oven.
5. In a mixing bowl, combine the shredded chicken, mayonnaise, lemon juice, minced garlic, parsley, salt, and pepper. Mix until well combined.
6. Top each crostino with a generous amount of the chicken mixture.
7. Sprinkle shaved Parmigiano Reggiano on top of each crostino.
8. Return to the oven for an additional 2–3 minutes to warm through and slightly melt the cheese.
9. Arrange of serving platter.

**Suggested Wine:** Crisp, dry white: The tanginess from the lemon juice and saltiness from the cheese needs a white wine with crisp acidity to match the tanginess of lemon and offset the saltiness. Think Sauvignon Blanc, dry Riesling, Pinot Gris. Or go with a brut sparkling wine. The tanginess and saltiness of this crostini also works with Pinot Noir.

#### *Nutritional Values for 1 Crostino:*

- Calories: 340
- Fat: 28g
- Total Carbohydrates: 11g
- Fiber: 7g
- Net Carbs: 4g
- Protein: 12g
- Sugar: <1g
- Cholesterol: 40mg
- Sodium: 300mg



# CHAPTER 5

## Pork



# Sinless Salami and Olive Tapenade Crostini



Serves: 12



Prep Time: 15 minutes



Cook time: 8-10 minutes.

## Equipment:

- Baking sheet
- Pastry brush
- Mixing bowl
- Knife
- Cutting board
- Measuring cup
- Measuring spoons



## Ingredients:

- 12 rounds of Sinless Sourdough Baguette
- $\frac{3}{4}$  cup olive oil
- 1 cup store-bought olive tapenade (make sure it's low in sugar or sugar-free)
- 12 rounds salami, sliced

## Instructions:

1. Preheat your oven to 375°F (190°C).
2. Brush both sides of each baguette round generously with olive oil. Place on a baking sheet.
3. Bake the oiled baguette rounds in the oven for about 8-10 minutes, flipping halfway through, until they're golden brown and crispy. Don't let them burn.
4. Remove from oven.
5. Spread a layer of olive tapenade on each crostino.



6. Top with a slice of salami.
7. Arrange on a serving platter.

**Suggested Wine:** Crisp, dry white: Salami is salty. Olive tapenade has lovely, pleasant bitterness and saltiness. The wine's acidity will offset both the pleasant bitterness and saltiness. Try Sauvignon Blanc, dry Riesling, or Pinot Gris. Or go with a bone-dry sparkling wine. Pinot Noir with its crisp acidity also works.

*Nutritional Values for 1 Crostino:*

- Calories: 360
- Fat: 30g
- Total Carbohydrates: 12g
- Fiber: 2g
- Net Carbs: 10g
- Protein: 8g
- Sugar: 1g
- Cholesterol: 25mg
- Sodium: 450mg

# Sinless Bacon and Caramelized Onion Jam Crostini



Serves: 12



Prep Time: 15 minutes



Cook time: 80 minutes.

## Equipment:

- Baking sheet
- Pastry brush
- Mixing bowl
- Knife
- Cutting board
- Measuring cups
- Measuring spoons



## Ingredients:

- 12 rounds of Sinless Sourdough Baguette
- $\frac{3}{4}$  cup olive oil
- 8 slices bacon, diced
- 2 large yellow onions, thinly sliced
- 2 tbsp unsalted butter (needed for caramelizing)
- 1 tbsp balsamic vinegar
- 1 tsp monk fruit sweetener
- Salt and pepper to taste

## Instructions:

1. Preheat your oven to 375°F (190°C).
2. Brush both sides of each baguette round generously with olive oil. Place on a baking sheet.
3. Bake the oiled baguette rounds in the oven for about 8-10 minutes, flipping halfway through, until they're golden brown and crispy. Don't let them burn.

4. Remove from oven.
5. In a skillet, cook diced bacon until crispy. Remove bacon and drain on paper towel, leaving the fat in the pan.
6. Add sliced onions to the pan and cook over medium-low heat for about 50 to 80 minutes, stirring occasionally, until caramelized. Add water if needed.
7. Add balsamic vinegar, sweetener, and cooked bacon. Cook for an additional 5 minutes.
8. Season with salt and pepper to taste.
9. Spread the bacon and onion jam on each crostino.
10. Arrange on a serving platter.

**Suggested Wine:** Off-dry rose: Caramelized onions are sweet. You need a rose with some sweetness to complement the sweetness in the caramelized onion. The rose's crisp acidity will also nicely offset the saltiness of bacon. Make sure the wine is low in sugar. In other words, don't buy a high sugar wine just to offset the sweetness or heat and spice in the recipe. Instead, adjust the recipe's sweetness and/or heat and spice to make sure the wine has more sweetness.

#### *Nutritional Values for 1 Crostino:*

- |                            |                     |
|----------------------------|---------------------|
| • Calories: 400            | • Net Carbs: 10g    |
| • Fat: 36g                 | • Protein: 10g      |
| • Total Carbohydrates: 12g | • Sugar: 1g         |
| • Fiber: 2g                | • Cholesterol: 30mg |
|                            | • Sodium: 600mg     |

# Sinless Pepperoni Pizza Crostini



Serves: 12



Prep Time: 15 minutes



Cook time: 8-10 minutes.

## Equipment:

- Baking sheet
- Pastry brush
- Mixing bowl
- Knife
- Cutting board
- Cheese grater
- Measuring cups
- Measuring spoons



## Ingredients:

- 12 rounds of Sinless Sourdough Baguette
- $\frac{3}{4}$  cup olive oil
- $\frac{1}{2}$  cup sugar-free marinara sauce
- 1 tsp dried Italian seasoning
- 1 cup shredded mozzarella cheese
- 24 small pepperoni or 12 regular-sized
- Fresh basil for garnish

## Instructions:

1. Preheat your oven to 375°F (190°C).
2. Brush both sides of each baguette round generously with olive oil. Place on a baking sheet.
3. Toast the oiled baguette rounds in the oven for about 8-10 minutes, flipping halfway through, until they're golden brown and crispy. Don't let them burn.



4. Remove from oven.
5. Spread a thin layer of marinara sauce on each crostino.
6. Sprinkle with dried Italian seasoning.
7. Add shredded mozzarella.
8. Top with 2 pepperoni slices per crostino.
9. Change oven setting to broil. Place crostini on baking sheet. Broil for 2 to 3 minutes or until the cheese is melted and bubbly. Remove from oven.
10. Add fresh basil.
11. Arrange on a serving platter.

**Suggested Wine:** Off-dry rose: Pepperoni is spicy. You need sweetness in the wine to offset this spiciness. Choose a rose with some sweetness. Make sure the wine is low in sugar. In other words, don't buy a high sugar wine just to offset the sweetness or heat and spice in the recipe. Instead, adjust the recipe's sweetness and/or heat and spice to make sure the wine has more sweetness.

#### *Nutritional Values for 1 Crostino:*

- Calories: 380
- Fat: 32g
- Total Carbohydrates: 12g
- Fiber: 2g
- Net Carbs: 10g
- Protein: 15g
- Sugar: 2g
- Cholesterol: 40mg
- Sodium: 600mg

# Sinless Mozzarella and Prosciutto Crostini with Balsamic Glaze



Serves: 12



Prep Time: 15 minutes



Cook time: 8-10 minutes.

## Equipment:

- Baking sheet
- Pastry brush
- Mixing bowl
- Knife
- Cutting board
- Measuring cup
- Measuring spoons



## Ingredients:

- 12 rounds of Sinless Sourdough Baguette
- $\frac{3}{4}$  cup olive oil
- 6 oz (170g) fresh mozzarella, sliced
- 6 thin slices prosciutto, cut in half
- Balsamic glaze for drizzling (see Chapter 1)
- Fresh basil leaves, chopped, for garnish (optional)

## Instructions:

1. Preheat your oven to 375°F (190°C).
2. Brush both sides of each baguette round generously with olive oil. Place on a baking sheet.
3. Bake the oiled baguette rounds in the oven for about 8-10 minutes, flipping halfway through, until they're golden brown and crispy. Don't let them burn.





4. Remove from oven.
5. Top each crostino with a slice of mozzarella and a half slice of prosciutto.
6. Change oven setting to broil. Place crostini on baking sheet. Broil for 2 to 3 minutes or until the cheese is melted and bubbly and prosciutto is crispy. Remove from oven.
7. Drizzle with balsamic glaze and garnish with fresh basil if desired.
8. Arrange on a serving platter.

**Suggested Wine:** Crisp, dry white: This crostino has salty prosciutto. The wine's acidity will offset this saltiness. Think Sauvignon Blanc, dry Riesling, or Pinot Gris. Go for a bone-dry sparkling wine. Pinot Noir's crisp acidity also harmonizes. However, if you add the sweet balsamic glaze, you'll need an off-dry rose. Make sure the wine is low in sugar.

#### *Nutritional Values for 1 Crostino:*

- Calories: 360
- Fat: 30g
- Total Carbohydrates: 11g
- Fiber: 2g
- Net Carbs: 9g
- Protein: 12g
- Sugar: 2g
- Cholesterol: 30mg
- Sodium: 600mg

# Sinless Extra Old Cheddar, Bacon, and Chives Crostini



Serves: 12



Prep Time: 15 minutes



Cook time: 8-10 minutes.

## Equipment:

- Baking sheet
- Pastry brush
- Mixing bowl
- Knife
- Cheese grater
- Cutting board
- Measuring cups
- Measuring spoons



## Ingredients:

- 12 rounds of Sinless Sourdough Baguette
- $\frac{3}{4}$  cup olive oil
- 1 cup shredded extra old Cheddar
- 6 slices bacon, cooked and crumbled
- 2 tbsp fresh chives, chopped

## Instructions:

1. Preheat your oven to 375°F (190°C).
2. Brush both sides of each baguette round generously with olive oil. Place on a baking sheet.
3. Bake the oiled baguette rounds in the oven for about 8-10 minutes, flipping halfway through, until they're golden brown and crispy. Don't let them burn.
4. Remove from oven.

5. Top each crostino with shredded cheddar cheese and crumbled bacon.
6. Change oven setting to broil. Place crostini on baking sheet. Broil for 2 to 3 minutes or until the cheese is melted and bubbly. Remove from oven.
7. Sprinkle with chopped chives.
8. Arrange on a serving platter.

**Suggested Wine:** Medium-bodied red: The saltiness and fattiness of both Cheddar and bacon need a medium bodied red. The wine's medium viscosity will match the fattiness of Cheddar and bacon. Its acidity will also nicely offset the saltiness of Cheddar and Bacon. Think Merlot, Shiraz, or Zinfandel.

#### *Nutritional Values for 1 Crostino:*

- Calories: 400
- Fat: 34g
- Total Carbohydrates: 11g
- Fiber: 2g
- Net Carbs: 9g
- Protein: 15g
- Sugar: 1g
- Cholesterol: 45mg
- Sodium: 600mg

# CHAPTER 6

## Beef



# Sinless Roast Beef and Horseradish Cream Crostini



Serves: 12



Prep Time: 15 minutes



Cook time: 8-10 minutes.

## Equipment:

- Baking sheet
- Pastry brush
- Mixing bowl
- Knife
- Cutting board
- Measuring cup
- Measuring spoons



## Ingredients:

- 12 rounds of Sinless Sourdough Baguette
- $\frac{3}{4}$  cup olive oil
- $\frac{1}{4}$  cup full fat sour cream
- 2 tbsp prepared horseradish
- Salt and pepper to taste
- 6 thin slices deli roast beef, halved

## Instructions:

1. Preheat your oven to 375°F (190°C).
2. Brush both sides of each baguette round generously with olive oil. Place on a baking sheet.
3. Bake the oiled baguette rounds in the oven for about 8-10 minutes, flipping halfway through, until they're golden brown and crispy. Don't let them burn.
4. Remove from oven.

5. In a mixing bowl, combine sour cream, horseradish, salt, and pepper to taste. Mix well.
6. Spread the horseradish cream on each crostino and top with roast beef.
7. Arrange on a serving platter and serve immediately.

**Suggested Wine:** Medium-bodied red: Normally beef works with red wine. But we have the heat and spice of horseradish. Heat and spice need a rose wine with sweetness. The wine's sweetness nicely offsets the heat and spice.

If you forgo the horseradish or make it mild, partner these crostini with a medium-bodied red like Merlot, Shiraz, or Zinfandel.

#### *Nutritional Values for 1 Crostino:*

- Calories: 320
- Fat: 28g
- Total Carbohydrates: 10g
- Fiber: 2g
- Net Carbs: 8g
- Protein: 12g
- Sugar: 1g
- Cholesterol: 40mg
- Sodium: 600mg

# Sinless Italian Beef and Roasted Red Pepper Crostini



**Serves:** 12



**Prep Time:** 10 minutes



**Cook time:** 5 minutes.

## Equipment:

- Baking sheet
- Pastry brush
- Mixing bowl
- Cheese grater
- Knife
- Cutting board
- Measuring cups
- Measuring spoons



## Ingredients:

- 12 rounds of Sinless Sourdough Baguette
- $\frac{3}{4}$  cup olive oil
- 6 thin slices deli roast beef, halved
- 12 rounds mozzarella
- 24 thin slices roasted red pepper, from jar, drained.
- Salt and pepper to taste
- $\frac{1}{4}$  cup fresh basil, finely chopped

## Instructions:

1. Preheat your oven to 375°F (190°C).
2. Brush both sides of each baguette round generously with olive oil. Place the slices on a baking sheet.

3. Bake the oiled baguette rounds in the oven for about 8-10 minutes, flipping halfway through, until they're golden brown and crispy. Don't let them burn.
4. Remove from oven.
5. Top crostini with slice of mozzarella.
6. Add slice of roast beef to each crostino.
7. Add 2 slices of roasted red pepper.
8. Return to the oven for an additional 2-3 minutes until the cheese is melted.
9. Remove from the oven, season with salt and pepper.
10. Garnish with fresh basil.

**Suggested Wine:** Medium-bodied red: Beef works with red wine. Add some roasted red pepper and melting mozzarella and you have a combo worthy of a medium-bodied red. The wine has enough viscosity (thickness) to complement the fattiness of mozzarella. Consider Merlot, Shiraz, or Zinfandel.

#### *Nutritional Values for 1 Crostino:*

- Calories: 350
- Fat: 30g
- Total Carbohydrates: 12g
- Fiber: 2g
- Net Carbs: 10g
- Protein: 12g
- Sugar: 2g
- Cholesterol: 30mg
- Sodium: 600mg



# Sinless Beef and Blue Cheese Crostini



Serves: 12



Prep Time: 10 minutes



Cook time: 5 minutes.

## Equipment:

- Baking sheet
- Pastry brush
- Mixing bowl
- Knife
- Cutting board
- Measuring cups
- Measuring spoons



## Ingredients:

- 12 rounds of Sinless Sourdough Baguette
- $\frac{3}{4}$  cup olive oil
- $\frac{1}{4}$  cup cream cheese, softened
- 1 tbsp Worcestershire sauce
- Salt and pepper to taste
- 6 thin slices deli roast beef, halved
- $\frac{1}{2}$  cup blue cheese, crumbled
- Fresh arugula for garnish, finely chopped
- Olive oil for brushing

## Instructions:

1. Preheat your oven to 375°F (190°C).
2. Brush both sides of each baguette round generously with olive oil. Place on a baking sheet.
3. Bake the oiled baguette rounds in the oven for about 8-10 minutes, flipping halfway through, until they're golden brown and crispy. Don't let them burn.



4. Remove from oven.
5. In a mixing bowl, combine cream cheese, Worcestershire sauce, salt, and pepper. Mix until smooth.
6. Spread a layer of the cream cheese mixture on each crostino.
7. Top with a slice of roast beef and a sprinkle of blue cheese.
8. Change oven setting to broil. Place crostini on baking sheet. Broil for 2 to 3 minutes or until the cheese is melted and bubbly. Remove from oven.
9. Garnish with fresh arugula.

**Suggested Wine:** Medium-bodied red: Beef and cheese have fattiness requiring a red wine with enough viscosity (weight) to match. The wine's acidity will nicely offset the saltiness of blue cheese. Consider Merlot, Shiraz, or Zinfandel.

#### *Nutritional Values for 1 Crostino:*

- Calories: 380
- Fat: 34g
- Total Carbohydrates: 11g
- Fiber: 2g
- Net Carbs: 9g
- Protein: 13g
- Sugar: 1g
- Cholesterol: 35mg
- Sodium: 650mg

# Sinless BBQ Beef Crostini with Cheddar



Serves: 12



Prep Time: 10 minutes



Cook time: 5 minutes.

## Equipment:

- Baking sheet
- Pastry brush
- Mixing bowl
- Knife
- Cheese grater
- Cutting board
- Measuring cups
- Measuring spoons



## Ingredients:

- 12 rounds of Sinless Sourdough Baguette
- $\frac{3}{4}$  cup olive oil
- 6 thin slices deli roast beef, chopped
- $\frac{1}{4}$  cup sugar-free BBQ sauce
- $\frac{1}{2}$  cup shredded sharp cheddar cheese
- 1 tbsp pickled jalapeños, chopped (optional)
- Fresh cilantro or parsley, finely chopped, for garnish
- Olive oil for brushing

## Instructions:

1. Preheat your oven to 375°F (190°C).
2. Brush both sides of each baguette round generously with olive oil. Place the slices on a baking sheet.
3. Bake the oiled baguette rounds in the oven for about 8-10 minutes, flipping halfway through, until they're golden brown and crispy. Don't let them burn.



4. Remove from oven.
5. In a mixing bowl, combine the roast beef with BBQ sauce, mixing until well coated.
6. Top each crostino with the BBQ beef mixture and sprinkle with cheddar cheese.
7. Change oven setting to broil. Place crostini on baking sheet. Broil for 2 to 3 minutes or until the cheese is melted and bubbly. Remove from oven.
8. Garnish with chopped jalapeños and fresh cilantro before serving.

**Suggested Wine:** Off-dry rose: The heat and spice of this crostini from the jalapenos needs a rose with some sweetness. The wine's sweetness offsets the heat and spice. Its crisp acidity also nicely offsets the saltiness of cheese. Make sure the wine is low in sugar. In other words, don't buy a high sugar wine just to offset the sweetness or heat and spice in the recipe. Instead, adjust the recipe's sweetness and/or heat and spice to make sure the wine has more sweetness.

#### *Nutritional Values for 1 Crostino:*

- Calories: 370
- Fat: 32g
- Total Carbohydrates: 12g
- Fiber: 2g
- Net Carbs: 10g
- Protein: 13g
- Sugar: 1g
- Cholesterol: 35mg
- Sodium: 600mg

# **CHAPTER 7**

## **Crostini and Wine Pairings**



When serving crostini as an hors d'oeuvre or appetizer, offering your guests a choice of both white and red wine can enhance the dining experience. This dual option not only caters to diverse palates but also complements the variety of flavors found in crostini toppings.

The good news is that you can pair a traditional and non-alcoholic wine of the same varietal with your crostini. Sauvignon Blanc with or without alcohol will work with the same hors d'oeuvre.

## Serving White and Red Wine Together:

For a delightful pairing, consider serving a crisp, dry white wine or brut sparkling wine alongside a light, fruity red wine such as Pinot Noir. Both wine options can harmonize beautifully with a range of crostini.

**Crisp Dry White Wine:** Sauvignon Blanc, dry Riesling, or Pinot Grigio can provide refreshing acidity that complements tangy flavors and offsets saltiness.

**Brut Sparkling Wine:** Low sugar (Brut) sparkling wines elevate the experience with their effervescence, making them ideal for a celebratory atmosphere. Brut sparkling wine acts the same as a crisp, dry white wine. It can harmonize with tangy ingredients and offset salty ones.

**Light Fruity Red Wine:** Pinot Noir, known for its bright cherry notes and sometimes earthy character has crisp acidity, good structure, and pleasant bitterness on the finish. Its crisp acidity will complement tanginess while offsetting saltiness like crisp, dry whites and brut sparkling wines.

## Pairing Wine with Sweet or Spicy Crostini

When you have crostini (small, toasted bread with toppings) that are sweet, hot and spicy, or both, you need to be careful about which wine you choose. Here's why:

1. The wine should be sweeter than the sweetness and/or heat and spice in the crostini.
2. If the crostini are sweeter than the wine, this combo can make the wine's acidity taste 'off' like paint thinner. Choose a low-sugar off-dry rose and adjust the recipe to be more subtle in its sweetness and/or heat and spice.

Example: If you're using sweet, caramelized onions on your crostini, add some blue cheese. The strong, salty flavor of the cheese will balance out the sweetness of the onions, making it easier to pair with a less sweet rose wine.

By making recipe adjustments, you can enjoy your crostini with a low-sugar rosé wine while sticking to your low-carb lifestyle. This also applies to off-dry white wines like Riesling and Gewurztraminer.



## Pairing Medium Bodied Red Wine with Crostini

When it comes to pairing reds with crostini, the choice of wine can significantly impact the overall tasting experience. Here's why medium-bodied red wines are recommended:

**Versatility:** These reds strike a balance between light and full-bodied wines, making them adaptable to a wider range of crostini toppings.

**Complementary Flavors:** They often feature different fruit or more earthy flavors. They have softened tannin and astringency and smooth texture. These qualities enhance rather than overpower the flavors of many crostini.

**Accessibility:** Medium-bodied reds are generally more approachable for a diverse group of wine drinkers, making them ideal for gatherings.

## Why Not Big, Bold Reds?

While big, bold red wines have their place in the world of entertaining, they may not be the best choice for crostini for several reasons:

**Overpowering Flavors:** Bold reds can dominate the subtle flavors of many crostini toppings.

**Tannin Intensity:** The high tannin and astringency content in bold reds might clash with certain ingredients commonly used in crostini.

**More distinct:** The bolder and distinctive character may not please as many guests.

**Alcohol Content:** Higher alcohol content in bold reds can overwhelm the palate, making it difficult to appreciate the nuances of the appetizers.



Enhancing the Experience: Start with lower-alcohol wines and reserve your bold reds for the main course. At a cocktail-style event, ensuring guests have a good time while remaining sober is crucial. Serving low-alcohol or non-alcoholic wines alongside your crostini is a sensible choice.

## Considerations for Non-Alcoholic Wines:

When serving non-alcoholic wines, medium-bodied options are often the most readily available and suitable:

**Viscosity:** Non-alcoholic wines typically lack the viscosity (thickness) of traditional high-alcohol red wines. This is because alcohol is a major factor in giving wine its weight or body.

**Flavor Profile:** Medium-bodied non-alcoholic reds often provide a more balanced flavor profile that pairs well with a variety of crostini.

## Pairings To Consider

### **Crisp, Dry White (Sauvignon Blanc, dry Riesling, Pinot Gris) or Brut Sparkling Wine and/or with Pinot Noir:**

- Sinless Goat Cheese with Chives and Garlic Crostini
- Sinless Feta and Spinach Dip Crostini
- Sinless Feta and Olive Tapenade Crostini
- Sinless Ricotta with Lemon Zest and Fresh Mint Crostini
- Sinless Egg Salad with Chives Crostini
- Sinless Cheddar-Ranch Egg Crostini
- Sinless Deviled Egg Crostini
- Sinless Tuna Melt Crostini
- Sinless Ricotta with Sautéed Mushrooms and Thyme Crostini
- Sinless Herbed Goat Cheese and Sun-Dried Tomato Crostini

- Sinless Garlic and Brie Crostini
- Sinless Tuna Melt Crostini
- Sinless Tuna Caper Crostini
- Sinless Creamy Salmon Crostini
- Sinless Shrimp Crostini
- Sinless Smoked Salmon with Dill Cream Cheese Crostini
- Sinless Salami and Olive Tapenade Crostini

## **Rose (with hint of sweetness)**

- Sinless Caprese Crostini
- Sinless Goat Cheese and Caramelized Onion Crostini
- Sinless Extra Old Cheddar and Spicy Jalapeno Crostini
- Sinless Spicy Salmon and Avocado Crostini
- Sinless Curried Chicken Salad Crostini
- Sinless Buffalo Chicken with Blue Cheese Crumbles Crostini
- Sinless Bacon and Caramelized Onion Jam Crostini
- Sinless Pepperoni Pizza Crostini
- Sinless Mozzarella and Prosciutto Crostini with Balsamic Glaze
- Sinless Roast Beef with Horseradish Cream
- Sinless BBQ Beef Crostini with Cheddar

## **Medium-Bodied Fruity Reds:**

- Sinless Pesto Chicken Salad Crostini
- Sinless Extra Old Cheddar with Bacon and Chives Crostini
- Sinless Italian Beef and Roasted Red Pepper Crostini
- Sinless Beef and Blue Cheese Crostini



**Thank You**

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**“All happiness depends on  
a healthy food.”**

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**~ The End ~**