

# RECIPE



## Ricotta, Onion Jam and Whole Wheat Crackers

### Ingredients

2 tablespoons extra virgin olive oil	¼ cup balsamic vinegar
2 cups finely chopped red onion	1 cup fresh ricotta
2 clove garlic, chopped	Salt and freshly ground black pepper
1 tablespoon grainy mustard	Extra virgin olive oil
1 teaspoon Worcestershire sauce	1 box whole wheat crackers (e.g. Carr's)
1 tablespoon brown sugar	

In a small saucepan, heat oil and sauté onions until translucent, about 8 minutes. Add garlic and cook 1 minute more. Stir in mustard, Worcestershire sauce, sugar, and vinegar. Cook for about 3 to 5 minutes more. Cool completely. Place a tablespoon of ricotta on each cracker, season with salt and pepper. Drizzle with olive oil and top with a spoonful of onion jam. Serve.