

# Fig & prosciutto salad with balsamic ricotta



## Fig & prosciutto salad with balsamic ricotta

**Preparation:** about 15 mins **Serves:** 4 as an entrée or light meal

### Ingredients:

#### Balsamic Ricotta

200g low-fat ricotta cheese

2 tsp honey

1 tsp balsamic vinegar

salt and ground black pepper

8 ripe figs, halved

12 thin slices prosciutto

extra virgin olive oil

### Method:

1. To make balsamic ricotta, beat ricotta and honey in a small bowl until smooth. Add balsamic vinegar and salt and pepper to taste. Stir until combined.
2. Arrange figs and prosciutto on serving plates. Top with prosciutto. Drizzle with extra virgin olive oil and serve with balsamic ricotta.



### Figs:

- Along with their rich succulent flavour, fresh figs provide fibre. The fibre is concentrated in the fig seeds and helps keep the digestive tract functioning normally.
- Provide vitamin C, which the body uses as one of its tools to fight infection.
- A source of potassium, which can help balance the effects of too much salt in the daily diet.