



Roasted Figs



Ingredients:

- 12 fresh figs
- 4 Tbls sugar
- 1 tsp cinnamon

Instructions:

1. Line a baking sheet with foil and spray with cooking spray.
2. Cut the figs in half, lengthwise.
3. Pour the sugar and cinnamon on a plate and stir until well mixed.
4. Dip both sides of each halved fig in the cinnamon sugar. Place on the baking sheet with the inside facing up.
5. Set the oven to broil and place baking sheet in the oven. Broil for 4 minutes or until the sugar starts to caramelize.
6. Remove from oven, let cool, and enjoy!

History & Fun Facts:

- Figs originated in Asia Minor (a peninsula in Asia which is located in the country we now call Turkey).
- Figs were then spread throughout the Mediterranean region by the Greeks and Romans.
- Figs were first introduced to America when they were brought to California by missionaries.

Sourced from: <https://www.thespruceeats.com/history-of-figs-1807598>

Recipe Adapted from: <https://www.melaniecooks.com/roasted-figs/12304/>



Be Safe: Always have an adult with you when you cook.
ajsfinefoods.com/little-chefs