

Herbed Yogurt Garlic Baguette ヨーグルトガーリックバゲット (ハーブ風味)

Serves: 5

Ingredients

- 300 g baguette バゲット
- 2 T / 28 g olive oil オリーブオイル
- 60 g Greek yogurt ギリシャヨーグルト
- 2 cloves garlic (very finely grated) にんにく
- 1 T parsley (finely chopped) パセリ
- 1–2 tsp / 5–10 g Parmigiano Reggiano (optional) パルミジャーノ
- Salt + MSG 塩+MSG



Instructions

1. **Prepare the bread**
 - Slice **baguette** on a slight diagonal (medium thickness)
 - Arrange slices in a single layer
2. **Make the spread**
 - Mix **Greek yogurt, olive oil, garlic, parsley, salt + MSG**
 - Texture should be loose and spreadable (not thick like butter)
3. **Apply the spread**
 - Lightly spread on each slice
 - Do not overload to avoid soggy bread
4. **Cook (Oven method – recommended)**
 - Preheat oven to **170°C**
 - **Bake 8–10 minutes** until lightly crisp
5. **Finish**
 - Optional: light sprinkle of **Parmigiano** before or after baking
 - Serve warm

Nutrition (per serving)

Kcal: 180 | Protein: 5 g | Fat: 7 g | Sat Fat: 2 g | Carbs: 24 g | Sugars: 2 g | Fiber: 1 g | Sodium: 250 mg | Omega-3: negligible

Nutrition (total dish)

Kcal: 900 | Protein: 25 g | Fat: 35 g | Sat Fat: 10 g | Carbs: 120 g | Sugars: 10 g | Fiber: 5 g | Sodium: 1250 mg | Omega-3: negligible