



MABS' GOAT CHEESE SPREAD

- 12 oz plain goat cheese
- 1 head garlic, bottom sliced off
- 1 medium red onion, thinly sliced
- 2 TB MABS' ATOMIC MUSTARD**
- 2 TB butter
- 1 TB balsamic vinegar
- small bunch fresh herb of choice, chopped

Preheat oven to 350 degrees.

Bake garlic with a bit of olive oil in a glass dish for 30 minutes.

Squeeze out into dish and set aside.

Saute onion in butter until lightly browned.

Add onions, cheese and 1 TB Mabs' to garlic dish and bake for 20 minutes.

Stir in balsamic 1 TB Mabs' and top with chopped herbs.

Serve with sour dough or rye crustini.