

STUFFED STRAWBERRIES

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 4 (Serving= 2 strawberries)

Nutrition (per serving)

Calories: 70

Total Fat: 4.5 g

Saturated Fat: 1.5 g

Sodium: 135 mg

Total Carbohydrate: 6 g

Dietary Fiber: 1.5 g

Total Sugars: 4 g

Added Sugars: 0 g

Protein: 3 g



Ingredients

- 2 creamy light spreadable cheese wedges, like Laughing Cow®
- 2 Tablespoons crumbled feta cheese
- 2 Tablespoons finely chopped pecans
- 1 ½ Tablespoons finely chopped red onion
- 1 Tablespoon chopped fresh basil leaves
- ½ Tablespoon balsamic vinegar
- 8 extra-large strawberries, tops cut off and insides scooped out
- 1 Tablespoon sugar substitute, like Splenda® or Truvia®

Directions

1. Combine the cheeses, pecans, red onion, basil, and vinegar in a small bowl. Mix well.
2. Stuff each strawberry with filling and dip bottom half in sugar substitute.