

BLUE CHEESE PECAN STUFFED DATES

Gluten Free, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 8 (Serving= 3 stuffed dates)

Nutrition (per serving)

Calories: 133

Total Fat: 6 g

Saturated Fat: 2 g

Sodium: 126 mg

Total Carbohydrate: 18 g

Dietary Fiber: 2.5 g

Total Sugars: 10 g

Protein: 2.5 g



Ingredients

- 24 pitted dates
- 2/3 cup crumbled blue cheese
- 24 pecan halves
- 2 ½ Tablespoons balsamic glaze

Directions

1. Slice dates down one side lengthwise to create opening for stuffing inside. Be careful not to slice all the way through to the other side.
2. Stuff with blue cheese.
3. Place one pecan half on each and drizzle with balsamic glaze.



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