



BeFit

Be Fit. Eat Healthy. It's your choice.

Be Fit Appetizer Basics: Prosciutto Wrapped Dates

Adapted from *Cooking Light*

¾ cups goat cheese (6 ounces)
1 tbsp shallots, minced
1 tbsp fresh thyme, chopped
¼ tsp ground black pepper
24 whole pitted dates
6 slices of prosciutto

Instructions:

Preheat the oven to 350 degrees. Combine goat cheese, shallots, thyme, and black pepper in a small bowl. Slice each date about ¾ of the way through. Place one heaping teaspoon of the cheese mixture into each date. Cut each prosciutto slice into quarters (creating 4 smaller slices of prosciutto from each slice). Wrap each date with 1 small slice of prosciutto. Repeat with remaining dates. Place dates on a baking sheet lined with parchment paper and bake for 6-10 minutes, until filling is heated through. Serve warm.

Yield: 24 dates



NUTRITION INFORMATION PER SERVING (per piece):

CALORIES: 50 calories

PROTEIN: 2 g

SODIUM: 90 mg

CARBOHYDRATE: 6 g

FIBER: 0.5 g

FAT: 2.5 g

Sat Fat: 2 g

Be Fit Appetizer Basics: Apricots with Basil Goat Cheese and Almonds

Adapted from *Sunset*

½ cup goat cheese (4 ounces)
2 tsp low fat milk
2 tbsp finely chopped basil
40 dried apricots
40 almonds (preferably Marcona)
2 tbsp honey

Instructions:

Mix goat cheese, milk, and basil together in a small bowl. (Thin cheese with additional milk, as necessary.) Place a small spoonful (about ½ teaspoon) of the cheese mixture on each apricot; place 1 almond on top of each. Drizzle the entire batch lightly with honey.

Yield: 40 apricots



NUTRITION INFORMATION PER SERVING (per piece):

CALORIES: 35 calories

PROTEIN: 1 g

SODIUM: 20 mg

CARBOHYDRATE: 5 g

FIBER: 1 g

FAT: 1.5 g

Sat Fat: 0.5 g

DATE SHOPPING LIST

6 ounces goat cheese
1 shallot
Fresh thyme
Black pepper
Pitted dates
Prosciutto

APRICOT SHOPPING LIST

4 ounces goat cheese
2 tbsp low fat milk
Fresh basil
Honey
Dried apricots
Almonds (Marcona, if available)