

PROSCIUTTO WRAPPED DATES

Adapted from Cooking Light

Ingredients

- ¼ cup goat cheese
- 1 tablespoon minced shallots
- 1 tablespoon chopped fresh thyme
- ¼ teaspoon black pepper
- 24 whole pitted dates
- 6 slices 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 5 to 10 minutes, until filling is heated through. Serve warm.

Yield: 24 dates

NUTRITION FACTS PER SERVING (per piece)

CALORIES: 50

PROTEIN: 2 grams

SODIUM: 90 milligrams

CARBOHYDRATE: 6 grams

FIBER: 1 grams

FAT: 3 grams

SATURATED FAT: 2 grams