

**Living Well: Eating Well**

**December 2019**

**Topic: Holiday Appetizers & Charcuterie**

**Charcuterie Board: How to Assemble**

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**Muffuletta Finger Sandwiches**

**Thai Curry Chicken Salad in phyllo cups**

**Sautéed Almonds with lemon & rosemary**

**Whole-wheat Seeded Breadsticks**

**Little Dippers**

**Roasted Cherry Tomato Caprese**

**Asiago-Artichoke Dip**

## **Charcuterie Board & How to Assemble**

### **Cooking Utensils:**

Large wooden cheese board or platter

Ramekins

Cheese knife

Little spoons

### **Ingredients:**

**3 to 5 cheese wedges (Brie, Cheddar, Gouda, Swiss, Parmesan or other favorite)**

**½ cup crumbled Blue cheese**

**2 Crisp apple (Gala) cut into thin slices**

**½ cup Apricot halves, dried**

**½ cup Marconi almonds**

**Block of honeycomb**

**Honey**

**Fig preserves**

**1 or 2 Pomegranates, whole**

**3 ounces salami, sliced**

**1 cup green olives**

**4 ounces thinly sliced Prosciutto**

**Multi grain or seeded crackers**

### **Directions:**

Remove the cheeses from the refrigerator 1 hour prior to serving. While the cheese is still cold, slice the hard cheeses.

Arrange the cheeses on a large platter or a wooden cheese board.

Add the honey. Honeycomb & fruit preserves (either on the board or in a ramekin).

Arrange the fresh fruits & meats around the cheeses. Place the olives in a bowl & set it next to the blue cheese.

Scatter the nuts & crackers around the board. Serve with the accompanying appetizers. Serves; 6-8

## Garlic & Bean Dip

### Ingredients:

3 Tbsp. olive oil

2 large garlic cloves, chopped

½ tsp. fresh thyme leaves

2 (15 oz.) cans of cannelloni beans, drained & rinsed

1 cup low sodium chicken stock

Salt & pepper to taste

### Directions:

Heat oil in a medium saucepan over medium heat & add the garlic.

Stir until the garlic starts to soften, making sure it does not burn.

Add thyme & beans & mix well.

Add stock and let it simmer until the stock is reduced to half.

Using an immersion blender, puree the mixture until smooth.

Season with salt & pepper; set aside to cool.

Serve with olive oil on top. Top with crushed red pepper (optional).

## Hummus & Flatbread with a Crispy Fried Egg

### Ingredients:

Olive oil, 2 tsp.

Large egg, 1

Plain hummus, 3 Tbsp.

Whole wheat flatbreads, toasted x 1

Avocado sliced, ¼

Kosher salt & black pepper to taste

Crushed red pepper flakes

Fresh cilantro leaves for serving

### Directions:

Heat the oil in a small nonstick skillet over medium heat.

Add the egg to the skillet, cover & cook the egg until the edges are crispy & the yolk & whites are set, 2-3 minutes.

While the egg cooks, smear the hummus on the toasted flatbread & top with the avocado. Slide the cooked egg on top, then sprinkle with ¼ tsp. each of salt & pepper (optional).

Top with some red pepper flakes & cilantro leaves.

May also drizzle any leftover hot oil from the pan onto the flatbread.

Serves: 1

## Salmon Melts with Crème Fraiche & Tarragon

### Ingredients:

2 salmon fillets (5-6 oz. each) skinned  
3 Tbsp. olive oil  
1 demi baguette, halved  
1/3 cup crème fraiche  
1 Tbsp. minced shallots  
2 tsp. minced lemon zest  
1 tsp. minced fresh tarragon  
½ tsp fresh lemon juice  
½ tsp caper brine  
1 cup shredded Gruyere  
½ avocado, sliced

### Directions:

Sear salmon in 1 Tbsp. oil in a nonstick skillet over medium-high heat until it easily flakes, about 3 minutes per side. Let salmon cool slightly, then break into big chunks; transfer to a sieve set over a bowl to drain.

Preheat broiler to high with rack 6 inches from element. Line baking sheet with foil.

Brush cut sides of baguette with 2 tsp. oil. Arrange baguette on prepared baking sheet, cut sides up, and broil until golden, about 2 minutes.

Combine crème fraiche, shallots, capers, zest, 1 tsp. tarragon, lemon juice and caper brine; season with salt and pepper. Gently stir in the salmon.

Sprinkle half of the Gruyere on baguette halves, top with salmon mixture, avocado, remaining Gruyere.

Broil sandwiches until Gruyere is bubbly and beginning to brown, 2-3 minutes; top with tarragon.

## Blue Cheese & Pecan Strudel

### Ingredients:

1 stick unsalted butter  
1 large egg white  
4 ounces cream cheese at room temperature  
freshly ground black pepper  
2 ounces Roquefort or other Bleu cheese, crumbled (about ½ cup)  
½ cup chopped candied pecans  
6 sheets frozen phyllo dough, thawed  
¼ cup breadcrumbs  
Honey, drizzling

### Directions:

Make the clarified butter. Melt the butter in a small saucepan over medium low heat & cook until the bubbling starts to slow down, remove from heat & let cool. Skim the white foam off the surface & discard. Spoon the remaining butter into a bowl, discarding the solids at the bottom of the saucepan.

Whisk the egg white, cream cheese & ¼ tsp. Pepper in a medium bowl until smooth. Gently fold in the Bleu cheese & candied pecans with a rubber spatula. Lay out 1 sheet of phyllo on a large cutting board with a long side in front of you. Keep the phyllo covered with a slightly damp cloth to prevent it from drying out. Brush the phyllo lightly with some of the butter; sprinkle evenly with 2 tsp. Breadcrumbs. Repeat to make 5 more layers, stacking the phyllo as you go. (Phyllo, clarified butter, breadcrumbs). Spoon the cheese mixture in a strip down the length of the phyllo, about 1 inch from the long side closest to you. Starting from that side roll up the phyllo to make a thin log. Wrap the log in plastic wrap & refrigerate until the filling is firm, at least 1 hour.

Preheat oven to 400 degrees. Place the phyllo roll seam-side down on parchment-lined baking sheet. Brush all over with the remaining clarified butter. Sprinkle with pepper. Bake, rotating the pan halfway through, until the phyllo is crisp & golden brown, about 25 minutes. Let cool about 15 minutes, then transfer to a cutting board to slice. Lightly the slices with honey & serves warm or at room temperature.

Serves: 8

## Asiago-Artichoke Dip

### Ingredients:

1 14 ounce can artichoke hearts, rinsed & drained  
2 ounces thinly sliced prosciutto or 1 slices bacon  
1 cup arugula or fresh spinach, chopped  
1 8 oz. carton of sour cream  
3 Tbsp. Flour  
½ cup mayonnaise  
½ cup roasted red sweet peppers, drained & finely chopped  
¾ cup finely shredded Asiago cheese or Parmesan cheese (3 ounces)  
¼ cup thinly sliced green onions (2)  
Thinly sliced prosciutto or bacon, cut up & crisp cooked, optional  
Assorted crackers, flatbread and/or toasted baguette slices

### Directions:

Heat oven to 350 degrees. Place artichoke hearts in a fine mesh sieve. To remove excess liquid, firmly press artichoke hearts with paper towels. Chop artichoke hearts, set aside.

Stack the 2 ounces prosciutto, snip or cut crosswise into thin strips. Separate pieces as much as possible. In a medium skillet cook & stir prosciutto over medium heat, about 2 minutes or until browned & slightly crisp. Add arugula, cook & stir for 1 minute more, set aside.

In a large bowl, stir together sour cream & flour until combined. Stir in mayonnaise & roasted peppers. Stir in ½ cup of the cheese, green onion, artichoke hearts & arugula mixture. Transfer to an ungreased 9" pie plate. Sprinkle with the remaining cheese. Bake uncovered, about 30 minutes or until edges are lightly browned & mixture is hot in the center. Let stand 15 minutes. If desired, sprinkle with additional prosciutto & reserved cheeses.

Serves: 12. (1/4 cup)

Calories: 155, Fat: 14 g, Protein: 4 g, CHO: 4 g, Sodium: 341 mg, Fiber: 1 g