Quick Bites: Segment 18
Summer Charcuterie Board

Create an appetizer board that is rich in flavor, color, texture and nutrition.

Create a board for sharing amongst guests or if social distancing, best to create individual “boards” for guests. A plate, grilling plank or mini cutting board can be used but whatever you decide make sure it is food safe.

**Components of the board:**

**Protein:** Rotisserie chicken, chickpeas in a vinaigrette, devilled eggs, ham chunks, Roasted nuts, cheese, meats

**Cold & Crunchy:** Crudites, broccoli, green beans, radishes, carrot sticks & celery

**Dip:** Brussel Sprout Dip (recipe below)

**Starch:** Toasted baguette, crisp breads, Naan bread, bread sticks

**Sweet:** Berries, dried apricots, dark chocolate, stuffed dates (recipe below)

**Flavor bursts:** Roasted garlic, olives, pickled vegetables, marinated artichokes,
Arrange the above components into an artistic & appealing way for easy entertaining. Garnish with sprigs of Rosemary, dollops of mustard, honey, fig jam & Marconi almonds.

**Brussel Sprouts Dip**

**Ingredients:**
- 3 cups Brussel sprouts, trimmed & sliced
- 2 green onions
- 1 Tbsp. olive oil
- 8 oz. part skim mozzarella cheese
- 2 oz. fresh Parmesan cheese
- 1 cup plain low fat Greek yogurt
- 2 garlic cloves, pressed
- 1-2 Tbsp. fresh lemon juice
- 1/8 tsp. black pepper
- Fresh vegetable slices.

**Directions:**
Thinly slice Brussel sprouts & scallions & place in a small baking dish.

Add oil and microwave uncovered for 2 minutes on high.

Grate cheeses & add remaining ingredients in a large bowl & mix well.

Add the cheese mixture to the baking dish and stir to combine. Microwave on high for 4-6 minutes until the dip is bubbly.

Serve immediately and serve with vegetable slices or Pita chips.
Appetizer Sticks

Ingredients:
12 thin bread sticks (6-8 inches long)
6 slices of thinly sliced Krakus ham
4 oz. seasoned spreadable goat cheese
2 Tbsp. lemon zest
½ tsp. black pepper
6 basil leaves

Directions:
Cut the slices of ham in half. Spread each slice of ham with the goat cheese; go lightly. Top each slice of ham with the lemon zest and pepper.

Roll up end of each bread stick with the seasoned ham slice & top with a sprig of basil. Place upright in a glass for serving.

Stuffed Dates

Ingredients:
5 oz. goat cheese, room temperature
2 Tbsp. fresh rosemary, stem removed, chopped
3 Tbsp. Pomegranate arils
¼ tsp. black pepper
9 Medjool dates
2 Tbsp. unsalted shelled pistachios, chopped

Directions:
In a small mixing bowl, combine goat cheese, rosemary, pomegranate arils, and black pepper. Use a fork to mix well, then set aside.
Cut each date in half lengthwise and remove the pit. Place a heaping teaspoon of goat cheese mixture in each date half. Place stuffed date halves on a serving platter and sprinkle with chopped pistachios.

Roasted Garlic

Ingredients:
1 or 2 garlic bulbs, cut off ½ inch of the garlic bulb to expose ends & keep bulb whole.

Olive oil

Salt, optional

Directions:
Remove any loose papery outer layers. Place bulb in a muffin tin or a small baker. Drizzle bulb with oil and a light pinch of salt (optional). Cover bulb with foil and close edges together to loosely enclose.

Roast 35-40 minutes or until garlic feels soft when squeezed; cool.

Remove garlic from paper husks by squeezing bottom of bulb. Place in a small dish.

Rosemary Roasted Nuts

Ingredients:
3 cups whole almonds

1 ½ cups walnuts

1 cup raw pumpkin seeds

2 Tbsp. finely snipped fresh rosemary

2 Tbsp. olive oil

1 Tbsp. lemon zest

Pinch of kosher salt, optional

½ tsp. cayenne pepper, optional
Directions:
Preheat oven to 375 degrees in a 15 x 10 inch baking pan, combine almonds, walnuts & pumpkin seeds. Bake 14-18 minutes or until toasted; stirring once.

In a small bowl, combine remaining ingredients. Drizzle over warm nuts; toss to coat. Serve warm or cooled.

Makes 22 servings (1/4 cup each)

Antipasto on a Stick

Ingredients:
8 slices of salami, folded
8 1/2" cubes of mozzarella cheese
8 pitted black olives
4 Grape tomatoes
4 marinated artichoke hearts, drained & halved
8 leaves fresh basil, rolled
8 bamboo toothpicks
8 tsp olive oil

Directions:
Thread each salami folded onto a small bamboo skewer and then mozzarella cheese, olive, tomato, artichoke heart and rolled basil In that order respectively.

Arrange on a platter and drizzle olive oil over each lightly. Serves 8