

BLUE CHEESE PECAN STUFFED DATES

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 Carbohydrate: 18
Total Fat: 6 g	Dietary Fiber: 2.5 g
Saturated Fat: 2 g	Total Sugars: 10 g
Sodium: 126 mg	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.