

## Stuffed Dates

Makes 18 servings

### Ingredients

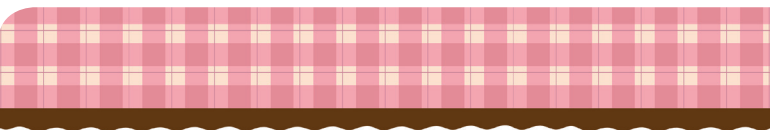
3 ounces cream cheese, softened  
3 ounces feta cheese crumbles  
1/16 teaspoon ground cayenne pepper  
1 teaspoon balsamic vinegar  
36 pitted dates  
36 pistachios, shells removed and chopped

### Directions

1. In a small bowl, combine first 4 ingredients. Stir with a wooden spoon, making sure to break up any large crumbles of feta cheese.
2. Use a knife to make a slit (lengthwise) in each date. Stuff a generous 1/4 teaspoon of the cream cheese mixture (made in step 1) into each date. Sprinkle chopped pistachios over stuffed dates.
3. Enjoy!



APPETIZER OR SNACK



### TIP

This app can also be a great one- or two-bite dessert after dinner!

= gluten free

Visit [allinahealth.org/recipes](http://allinahealth.org/recipes) for more healthful recipe ideas.

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### Nutrition Facts

Serving Size 2 stuffed Dates (25g)  
Servings Per Container 18

Amount Per Serving

Calories 80    Calories from Fat 30

% Daily Value\*

Total Fat 3g    5%

Saturated Fat 1.5g    8%

Trans Fat 0g

Cholesterol 10mg    3%

Sodium 60mg    3%

Total Carbohydrate 12g    4%

Dietary Fiber 1g    4%

Sugars 10g

Protein 2g

Vitamin A 2%    •    Vitamin C 0%

Calcium 4%    •    Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories:    2,000    2,500

Total Fat    Less than 65g    80g

Saturated Fat    Less than 20g    25g

Cholesterol    Less than 300mg    300mg

Sodium    Less than 2,400mg    2,400mg

Total Carbohydrate    300g    375g

Dietary Fiber    25g    30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: milk, tree nuts (pistachios)

Carb choices per serving: 1