
CHEESE BOARD

Gluten-Free, Egg-Free, Vegetarian

Yield: 4 servings **Total time:** 15 minutes



D'LISH

Ingredients

- 2 cups fruits, sliced (apples, pears, or peaches)
- 2 cups finger-food fruits (berries, cherries, grapes, or figs)
- 2 cups raw veggies, cut into sticks (carrots, celery, broccoli, cauliflower, bell peppers, or zucchini)
- 1/2- 1 cup canned or jarred veggies (artichoke hearts, olives, roasted peppers, pickles)
- 1 cup low-fat/low-sodium cheese, cubed and/or as a spread (cheddar, mozzarella, goat, feta, cottage cheese, cream cheese)
- 1 cup whole-grain crackers
- 1/2 cup unsalted nuts (almonds, walnuts, cashews, pistachios)

Directions

1. Wash all the fresh produce and cut into slices or bite-sized pieces, as described in the ingredient list.
2. Arrange all the ingredients on a wooden board or serving tray. Include small spoons for items like the berries and olives, and a fork or knife for the cheese. Serve with small plates and napkins.

Per serving: Calories: 213; Total Fat: 9g; Saturated Fat: 4g; Sodium: 466mg; Total Carbohydrates: 30g; Fiber: 5g; Protein: 6g

Grocery List

- Fruit
- Raw Veggies
- Jarred Veggies
- Cheese
- Whole grain crackers
- Nuts

Kitchen Equipment

- Cutting board
- Sharp knife
- Can opener
- Measuring cups
- Wooden board OR serving tray
- Small bowls OR ramekins
- Small spoons, forks and knives
- Serving plates

Prep tip

- This is less of a recipe and more of a guide to follow for the portions and types of ingredients you could include in a simple snack board.
- Use small bowls or ramekins for runny or delicate ingredients, like roasted peppers, olives and berries.
- You can turn this into a party appetizer by doubling the ingredients.
- If you do not have a wooden board or serving tray big enough, cover a large, rimmed baking sheet with parchment paper. The contrast of the paper makes all the colorful ingredients pop, and it also makes cleanup super easy.

Nutrition Information

- The key to a cheese board is balance. You want to include plenty of fiber rich fruits and vegetables, whole grains, and protein from nuts and low-fat cheese to create a balanced snack or meal.

Notes