

Apricot Canapes

"The BEST place to find these apricots is Trader Joe's. They also have great cheeses and nuts to choose from.

16 pieces

Active Time: 10 minutes

Total Time: 10 minutes

Ingredients

16 dried apricots

8 teaspoons crumbled blue cheese

2 ounces chopped shelled pistachios

1/2 teaspoon honey

Freshly ground pepper

Preparation

1. Top each apricot with 1/2 teaspoon cheese. Sprinkle with pistachios and drizzle with honey; sprinkle with pepper.

Nutrition

Per piece: 64 calories; 4 g fat (1 g sat , 2 g mono); 1 mg cholesterol; 7 g carbohydrates; 2 g protein; 1 g fiber; 20 mg sodium; 170 mg potassium.

Nutrition Bonus: Protein, potassium, calcium.

Carbohydrate Servings: 1/2

Exchanges: 1/2 fruit, 1/2 fat