

BACON-WRAPPED DATES + HONEY-GOAT CHEESE

Four ingredients. Thirty minutes. The perfect hors d'oeuvres.

 10 minutes 30 minutes 10 portions

INGREDIENTS

- 12 ounces Medjool dates [about 20]
- 1 pound bacon [thin cut works best]
- 8 ounces goat cheese, softened
- 2 tablespoons honey

COOKING METHOD

- 1° Preheat the oven to 350 degrees. Line a baking sheet with parchment paper.
- 2° In a bowl, mix the honey and goat cheese together until smooth.
- 3° Make a pocket in the dates to pull out the pit, but don't cut completely in half. Once the pits are removed, fill with a small portion of cheese.
- 4° Cut the strips of bacon in half, and wrap each one around one of the stuffed dates. Use a toothpick to hold the bacon in place.
- 5° Bake the dates for 10 minutes. Rotate the dates so that the bacon cooks as evenly as possible, and bake for an additional 10 minutes.
- 6° Let cool for a few minutes before serving [if you can wait that long!].

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (120 g)	% DRI
ENERGY	319 kcal	383 kcal	19 %
FAT	18 g	22 g	33 %
FATTY ACIDS, TOTAL SATURATED	8 g	9 g	45 %
CHOLESTEROL	34 mg	40 mg	13 %
SODIUM	370 mg	444 mg	19 %
CARBOHYDRATE	33 g	39 g	13 %
SUGARS	30 g	36 g	—
FIBER	3 g	3 g	13 %
PROTEIN	9 g	11 g	—