



GRAPE CHEESE BALLS

Stabilization (Week 3) & Maintenance

Ingredients

5 oz. goat cheese
4 oz. cream cheese
1 TBS minced chives plus 3 tablespoons chopped chives, divided
1 TSP honey
1/8 teaspoon black pepper
30 red seedless grapes
1/2 cup chopped walnuts

Instructions

1. Mix goat cheese, cream cheese, 1 tablespoon minced chives, honey and pepper thoroughly in a bowl. Set aside remaining chives.
2. Using around 1 tablespoon of cheese mix, place one grape in the middle, forming cheese mixture around grape into a ball shape. Place each grape cheese ball on a plate lined with wax paper.
3. Place all cheese-grape balls in refrigerator for 1 to 2 hours.
4. Before serving, place remaining chives in one bowl and walnuts in second bowl. Roll half the cheese balls in remaining chives and the other half in walnuts until evenly coated. Serve. .

Portion-Per-Serving Information (Yields 15 servings): 1 serving = 2 grape cheese balls = 1 FR

Recipe created by Abbie Gellman, MS, RD, CD
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