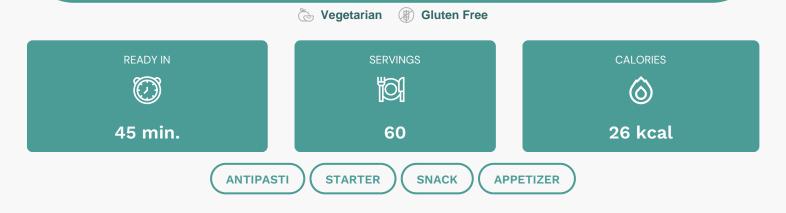


Endive "Spoons" with Lemon-Herb Goat Cheese



Ingredients

8 belgian endive
1 sprigs cilantro leaves fresh (for garnish)
3 tablespoons chives fresh finely chopped
3 tablespoons cilantro leaves fresh finely chopped
1 pound goat cheese fresh soft
6 grape tomatoes halved very thin (for garnish)
2 tablespoons juice of lemon fresh

	2 teaspoons lemon zest generous grated	
	2 tablespoons olive oil extra virgin extra-virgin	
Equipment		
	food processor	
	bowl	
	pastry bag	
Directions		
	Using on/off turns, blend goat cheese, olive oil, 1 tablespoon lemon juice, and lemon peel in food processor just until smooth and creamy.	
	Transfer mixture to medium bowl. Stir in chopped cilantro and chives. Season cheese mixture to taste with salt and pepper. Cover and refrigerate until cold. (Can be made 1 day ahead. Keep refrigerated.) If desired, transfer cheese mixture to pastry bag fitted with small plain tip.	
	Cut off and discard root ends of endive. Separate leaves.	
	Cut cores, with some smaller leaves still attached, crosswise into thin strips. Toss sliced endive with remaining 1 tablespoon lemon juice in large bowl to coat. Arrange sliced endive or large platter. Pipe or spoon about 11/2 teaspoons cheese mixture at wide end of each endive leaf.	
	Place 1 very small sprig cilantro and tomato slice atop each. Arrange leaves in concentric circles atop sliced endive. (Can be made 4 hours ahead. Cover and chill.)	
Nutrition Facts		
PROTEIN 22.69% FAT 71.17% CARBS 6.14%		
Properties		
Glycemic Index:2.45, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.9656521729801%		

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Naringenin: 0.02mg, Nar

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 25.79kcal (1.29%), Fat: 2.07g (3.19%), Saturated Fat: 1.17g (7.31%), Carbohydrates: 0.4g (0.13%), Net Carbohydrates: 0.15g (0.05%), Sugar: 0.13g (0.15%), Cholesterol: 3.48mg (1.16%), Sodium: 28.1mg (1.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.98%), Copper: 0.06mg (3.02%), Phosphorus: 21.76mg (2.18%), Vitamin A: 104.75IU (2.09%), Vitamin B2: 0.03mg (1.84%), Calcium: 12.4mg (1.24%), Vitamin B6: 0.02mg (1.19%), Folate: 4.08µg (1.02%), Fiber: 0.25g (1.01%)