

STARTER & SNACK

Endive With Herbed Goat Cheese

7 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	60	\$0.73	31 kcal

Endive With Herbed Goat Cheese could be just the gluten free, lacto ovo vegetarian, primal, and ketogenic recipe you've been looking for. One portion of this dish contains about 2g of protein, 2g of fat, and a total of 31 calories. This recipe serves 60.

Ingredients

- | | |
|---|--|
| ☐ 60 Belgian endive leaves (about 8 heads) | ☐ 6 grape or cherry tomatoes, thinly sliced |
| ☐ 60 servings Garnish: fresh cilantro leaves | ☐ 3 tablespoons chopped fresh chives |
| ☐ 3 tablespoons chopped fresh cilantro | ☐ 14 ounces goat cheese |
| ☐ 1 tablespoon fresh lemon juice | ☐ 2 teaspoons grated lemon rind |
| ☐ 2 tablespoons olive oil | ☐ ¼ teaspoon freshly ground pepper |
| ☐ ¼ teaspoon salt | |

EQUIPMENT Food processor, Bowl

Method

- 1 Process first 4 ingredients in a food processor until smooth. Spoon into a small bowl; stir in cilantro and next 3 ingredients.
- 2 Pipe or spoon about 1 1/2 teaspoons cheese mixture onto each tip of endive leaf, top with 1 tomato slice.
- 3 Garnish, if desired.
- 4 Serve immediately, or cover and chill up to 4 hours.

Nutrition per serving

31	2 g	2 g	2 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1 g · 7% of daily needs
Fibre			1.7 g · 7% of daily needs
Sugar			0.1 g · 0% of daily needs
Sodium			35.4 mg · 2% of daily needs
Cholesterol			3 mg · 1% of daily needs
Vitamin C			2.2 mg · 3% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/endive-with-herbed-goat-cheese-148571