

STARTER & SNACK

Goat Cheese-Olive Sandwiches

5 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	26	\$0.30	86 kcal

If you want to add more lacto ovo vegetarian recipes to your recipe box, Goat Cheese-Olive Sandwiches might be a recipe you should try. For 30 cents per serving, you get a hor d'oeuvre that serves 26. One portion of this dish contains roughly 3g of protein, 3g of fat, and a total of 86 calories.

Ingredients

- | | |
|--|--|
| ☐ 4¼ ounce chopped ripe black olives (about 3/4 cup) canned | ☐ ¼ cup chopped fresh parsley |
| ☐ 1 small garlic clove, minced | ☐ 4 ounce package goat cheese, softened |
| ☐ 1 green onion, finely chopped | ☐ ¼ teaspoon hot sauce |
| ☐ 26 slices very thin white bread | |

EQUIPMENT Bowl

Method

- 1 Stir together first 5 ingredients in a small bowl until well blended. (The goat cheese mixture can be prepared up to 1 day ahead.)
- 2 Cut 2 rounds out of each bread slice using a 1 1/2-inch round cutter.
- 3 Spread olive mixture evenly on 1 side of half of bread rounds, top with remaining bread rounds.
- 4 Roll sides in chopped parsley. Cover and chill 2 hours before serving.

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Note: For testing purposes only, we used Pepperidge Farm Very Thin White Bread Slices.

Nutrition per serving

86

KCAL

3 g

PROTEIN

3 g

FAT

13 g

CARBS

Saturated Fat

0.9 g · 6% of daily needs

Fibre

0.8 g · 3% of daily needs

Sugar

1.4 g · 2% of daily needs

Sodium

209 mg · 9% of daily needs

Cholesterol

2 mg · 1% of daily needs

Vitamin C

0.9 mg · 1% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/goat-cheese-olive-sandwiches-148151