

STARTER & SNACK

Individual Goat Cheese and Date Tortas

7 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	12	\$0.91	151 kcal

Individual Goat Cheese and Date Tortas is a hor d'oeuvre that serves 12. Watching your figure? This lacto ovo vegetarian recipe has 151 calories, 6g of protein, and 5g of fat per serving. For 91 cents per serving, this recipe covers 7% of your daily requirements of vitamins and minerals.

Ingredients

☐ 1 cup arugula or baby spinach	☐ 1 tablespoon balsamic vinegar
☐ 12 ounces 24 (1/4-inch-thick) slices French bread baguette, toasted (about	☐ 1/2 cup chopped pitted dates
☐ 1/2 teaspoon Dijon mustard	☐ 2 teaspoons extravirgin olive oil
☐ 1 garlic clove, minced	☐ 6 ounce packages goat cheese
☐ 1/4 teaspoon Spanish smoked paprika	☐ 12 pecan halves, each cut in half
☐ 3 tablespoons diced red bell pepper	☐ 1/4 teaspoon salt
☐ 1/4 teaspoon sugar	

EQUIPMENT Whisk

Method

- 1 Combine dates and cheese; set aside.
- 2 Combine vinegar and next 6 ingredients (through garlic), stirring with a whisk.
- 3 Add arugula to vinaigrette; toss gently to coat. Divide arugula mixture evenly over bread slices. Top each bread slice with 1 rounded tablespoon date mixture and 1 pecan half.

- 4 Sprinkle red pepper evenly over bread slices.
- 5 Serve immediately.

Nutrition per serving

151	6 g	5 g	20 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			2.4 g · 15% of daily needs
Fibre			1.4 g · 6% of daily needs
Sugar			5.8 g · 6% of daily needs
Sodium			276 mg · 12% of daily needs
Cholesterol			6.5 mg · 2% of daily needs
Vitamin C			3.8 mg · 5% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/individual-goat-cheese-and-date-tortas-148598