



## HOW TO BUILD A HEART HEALTHY CHARCUTERIE BOARD

The classic charcuterie board recipe is usually filled with a variety of delicious but highly processed meats and high fat cheeses that can run on the unhealthy side. The key to building a heart healthy charcuterie board is to fill it with lean protein foods, healthy fats, whole grains and lots of fruits and vegetables! Here are a few suggestions to keep in mind when making your shopping list for a healthier board...

### INGREDIENTS:

**Meats/Protein** | Keep your board packed with healthy, lean proteins like herb roasted chicken or turkey, grilled pork tenderloin, marinated tofu or a few hard boiled egg slices. Try to avoid processed, high nitrate/high salt luncheon meats.

**Cheeses** | Try a mix of hard and soft cheeses...low-fat cheddar or swiss, fresh mozzarella, goat cheese, feta, crumbled bleu cheese, or plant-based, non-dairy cheese.

**Whole Grains** | Keep your carb options healthy by choosing whole-grain crackers and low-sugar bread like sourdough, sprouted grains and pumpernickel. Also flavorful are crackers made with rice or chickpeas.

**Vegetables** | Include fresh crudites like carrots, celery, cherry tomatoes, cucumbers, bell peppers, snow peas or radishes. Tuck in small bowls of olives, sun-dried tomatoes, marinated artichokes or marinated mushrooms.

**Fruits** | The sweetness of fresh and dried fruits adds a nice balance to the savory flavors of the cheese and meats. Add color with assorted berries, apple or pear slices, grapes, dried apricots, figs or dried cherries/cranberries.

**Nuts** | Raw, unsalted nuts are high in heart-healthy fats and protein while adding crunch to your board. Tasty choices include almonds, pistachios, walnuts and cashews.

**Dips and Spreads** | These add another texture option. Stone ground mustard, hummus, seasoned Greek yogurt, guacamole, or fruit jams give loads of flavor in a small amount.

**Herbs** | Make your board look extra fancy by topping it with fresh or dried herbs. Rosemary, thyme, oregano and basil add visual interest and flavor without using salt.

### INSTRUCTIONS:

1. Choose your board, platter or plate. Wooden chopping boards work just fine!
2. Lay out your ingredients and plan for the spacing of each.
3. Place the dips and spreads around the board. Use small bowls. Get creative and use a hollowed-out bell pepper as a vessel. From here you can arrange ingredients according to what goes best with each dip or spread.
4. Arrange your board with all your chosen food items. Let your inner artist loose ...there's no right or wrong way in arranging!
5. Top a few items with garnishes. Have on hand cheese knives, small spoons, spreaders, small plates, cocktail forks or wooden picks and napkins.
6. Dig in and enjoy!