Recipe of the Week

**Apricot Canapés**

**Ingredients**
- 16 dried apricots
- 8 teaspoons crumbled blue cheese
- 2 ounces chopped shelled pistachios
- 1/2 teaspoon honey
- Freshly ground pepper

**Directions**
1. Top each apricot with 1/2 teaspoon cheese.
2. Sprinkle with pistachios and drizzle with honey; sprinkle with pepper.

Serves 16
64 calories, 4 g fat, 1 g saturated fat, 7 g carbohydrate, 1 g fiber, 2 g protein, 20 mg sodium
Source: Million Hearts