



*Simple,  
Seasonal,  
Sustainable*

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

*healthy*  
**IU**  
healthy.iu.edu  
healthyu@indiana.edu