

Belgian Endives with Cream Cheese/Plain Yogurt/Herb Mix and Greens

For this beautiful appetizer you will need:

Four to six Belgian Endives (rinsed, then soaked in cold water (for some time- I do it for about 10- 20 min.) to remove the bitterness, then dried carefully and separated in leaves)

Cream cheese and plain yogurt (mixed)

Your favorite dried (or fresh!) herbs (to be mixed and added to the cream mixture)

Pecans or wall nuts (if possible - roasted)

A bunch of either micro greens or small arugula leaves to use in each and every endive leaf

After prepping the Endive leaves (the pale green ones or red- or both- your call) , place a small amount of cream cheese mixture in each one of them, then add a few micro greens or small arugula greens and top it with a roasted pecan or walnut. Arrange them in a circular manner and you will end up with an eye pleasing arrangement of a mandala.

Enjoy!

