

CARBCONTROL RECIPES

SNACKS – great for entertaining guests!

Endive stuffed with Caviar – makes 24 servings

½ cup cottage cheese

2 Tbsp salmon caviar

3 Tbsp finely snipped fresh chives

3 Belgian endives, separated into 24 leaves (if not available, chose firm green lettuce)

1/3 cup assorted julienne vegetables (capsicum, carrot, etc)

Puree cottage cheese in a food processor or blender until smooth and creamy. Stir in 2 tbsp of chives. Spread a little of the cottage cheese mix in the base of each endive leaf, then top mound of cheese with a little caviar. Arrange vegetables on a platter in the endive leaves and garnish with the remaining chives. Serve immediately.