

Charcuterie Board

Where to begin?

1. **Start with a board!** It can be big or small. Use a wood, slate, or hard plastic cutting board. You could also use a large platter or a cookie sheet -any flat surface will work.
2. **Then add bowls.** These can be different sizes, shapes, colors. I like to use at least 5 different bowls for dips, spreads, nuts, etc. The number and size you use will depend on the size of your board.
3. **Gather the following:**
 - Meats or meat alternatives (2-3 varieties)
 - Suggestions- sliced and rolled deli meat, jerky, sausage, beans, nuts
 - Cheese (2-3 varieties)
 - Suggestions- Pepper jack, cheddar, string cheese
 - Crackers/Bread/Starch (2-4 varieties)
 - Suggestions- slices French bread, whole grain crackers, pretzels, animal crackers, tortilla chips
 - Fruits (2-3 varieties)
 - Suggestions- dried fruit, grapes, apple slices, berries
 - Vegetables, Pickles, Olives (2-3 varieties)
 - Suggestions- carrots, celery, broccoli, cucumber slices, sweet peppers
 - Dips and spreads (2-3 varieties) **
 - Suggestions- hummus, chocolate hummus, ranch, jelly, cheese spread, salsa, guacamole

**We will be making the following homemade dips/spreads

Chocolate hummus

- 1 can garbanzo beans, strained and rinsed 3 times
- 3 1/2 – 4 Tbsp maple syrup
- 1/2 tsp vanilla extract
- 1/4 tsp salt
- 4 Tbsp unsweetened baking cocoa
- 2 Tbsp water (optional)

Homemade Ranch Dressing

- 1/2 c. full fat plain Greek yogurt
- 1/4 c. olive oil mayo
- 1-1/2 tsp. dried dill weed and/or mixture of herbs like Mural of Flavor
- 1 Tb. minced onion or scallion
- 1 small clove garlic, minced
- 2 Tb. Parmesan cheese
- 1/4 c. low fat milk
- 1/4 c. olive oil
- Salt and pepper to taste

As you choose your ingredients make sure to incorporate the 4 S's:
Sweet, Savory, Salty, and Spicy