# A Mediterranean Platter



## INGREDIENTS

- 1/4 cup roasted pistachios, crushed
- 1 to 2 tablespoons raw honey (or maple syrup)
- ½ to 1 lb feta, sliced (full-dairy or vegan)
- Half bunch each of flat leaf parsley, rosemary, and mint
- 1/3 cup of each: pistachios, walnuts or pecans, pumpkin seeds
- 2 oranges, sliced
- 1 pomegranate, quartered
- A handful of dried dates
- 5 to 7 fresh figs, halved
- 1 bunch red or green grapes
- 1 endive
- 1 daikon, kohlrabi or radishes
- 1 gluten-free or sourdough baguette, sliced (or your favorite crackers)

## DIRECTIONS

6 servings

1. Prepare the board: Place the sliced feta on a small raised board or plate to serve as a focal point. Drizzle honey over the feta and sprinkle with the pistachios (and edible flower petals, if you have available). A little fresh orange zest is a lovely garnish, too.
2. Arrange the grapes on the other end of the board to create balance.
3. In between the spaces place bunches of herbs, and two small bowls that you can fill with Edamame Dip (recipe below) and fig preserves.
4. Next, consider the colors of the fruit and vegetables, and place them so that the colors are evenly spaced across the board. Drop nuts, dried dates, sliced veggies, and crostini or crackers in the smaller blank spaces.

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# Chocolate Tahini-Dipped Dates



6 servings

## DATES

- 12 large medjool dates, pitted
- Optional: 3 to 4 tablespoons Kite Hill almond milk ricotta
- Freshly grated zest of 1/2 orange (about 2 teaspoons)
- 1/4 cup coarsely chopped pistachios, or swap for hemp seeds

## CHOCOLATE TAHINI

- 1/2 cup plant-based milk (or dairy milk)
- 2 to 4 tablespoons maple syrup
- 6 tablespoons well-stirred tahini
- 1/2 cup semi-sweet chocolate chips
- 1 teaspoon vanilla extract
- ½ teaspoon fine sea salt

## DIRECTIONS

1. Make a clean cut to open the date and remove any pits.
2. Optional: Stuff each date with a little ricotta.
3. In a medium saucepan, combine the milk, and maple syrup. Bring to a boil over medium-high heat, whisking frequently. Remove from the heat and whisk in the tahini, chocolate, vanilla, and salt.
4. Let cool slightly. The chocolate sauce will thicken as it cools; then dip or drizzle it over the dates.
5. Finish by sprinkling with orange zest and chopped pistachios (or dip the dates).

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