



## Belgian Endive Stuffed with Apples, Walnuts & Gorgonzola Cheese

Active Time: 10 minutes | Total Time: 10 minutes | Serves: 8

### Nutrition Information Per Serving

150.2 calories, 12.65 g carbohydrate, 8.88 g fiber, 3.77 g NET carbs, 7.32 g protein, 9.12 g fat

#### Ingredients

- 2 Tbsp(s) organic lemon juice
- 4 ounce(s) organic gorgonzola cheese
- 2 ounce(s) organic walnuts, halved
- 4 head(s) organic Belgian endive
- 1 small organic Gala apple

#### Preparation

1. Separate endive leaves and place on a serving plate. Use 2 leaves for each serving.
2. Core and chop apple into 1 inch pieces. Place in a bowl and coat with lemon juice to prevent browning.
3. Divide apples evenly and place inside endive leaves. Top with gorgonzola and walnuts.
4. Serve.

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