



K-KITCHEN
MONTHLY RECIPES + NUTRITION COACHING

Ingredients

- Hard cheeses (sharp cheddar, parmesan, gouda, etc)
- Soft cheeses (goat, blue, feta, etc)
- Olives (all varieties)
- Dry roasted nuts (pecans, pistachios, walnuts, cashews, etc - no seed oils)
- Meats (leftover chicken, cured, lunchmeat, etc)
- Veggies (celery, cucumbers, carrots, tomatoes, broccoli, cauliflower, etc)
- Hummus/dip (made without seed oils or sugar, OR make your own!)
- Fruit (blueberries, strawberries, apples)
- Crackers or bread (made without seed oils or sugar, sourdough is a great bread choice)
- Dark chocolate (70%+ cacao)
- Wooden tray or board

Charcuterie Board

Preparation

1. Slice or chop any food that needs it. Choose either to add cheese blocks to the board or just place slices.
2. Place hummus, olives and anything else that seems too messy in small bowls.
3. Arrange as you want! (This is the beauty of the board!). Be artistic with your placement and you'll appreciate it more!
4. Assemble with utensils for your crowd to take their food as easily as possible. I find small forks and spoons work great. Don't forget the napkins!

Tips

While some experts will tell you there are rules for this meal board, and there may be that I'm unaware of, one of the things I enjoy the most is how versatile, flexible and carefree this meal can be.

If you're not into meat, leave it out. If you don't like soft cheese, add more hard cheeses. YOU get to choose what to include.

When it's time to eat, start with some veggies, then meat and cheeses, ending with fruits or chocolate.