



## **Making Your Holiday Plant-Based Charcuterie Board**

By Joy Lenz, RD CD

With the Holidays in full swing, now is the time to celebrate with friend and family with your own Plant Based Charcuterie Board. Here are some tips for making a simple yet beautiful spread for your next gathering or maybe just dinner.

Pick from these items. I recommend starting with 10-12 different foods. No need to overdo it.

**Dried Fruit:** figs or apricots or other

**Fresh Fruit:** grapes (on vine for visual appeal), pomegranate arils, citrus in slices, strawberry or apple slices

**Pickled:** onions, beets or regular pickles

Artichokes or olives (Kalamata or simple green for color variety)

**Veggies:** cucumbers, carrots, bell peppers, tomatoes (on vine for visual appeal) or any other veggie you like

**Dips:** Mushroom pate, assorted hummus in different colors, olive tapenade or try a cashew based "cheese" ball recipe, vegan spinach dip, or eggplant dip called Baba Ghanoush.

**Whole grain cracker, or slices of baguettes, bread sticks, or pita quartered**

**Nuts:** almonds, pecans, or pistachios in shell

**Herbs:** rosemary or thyme or peppercorns to add visual appeal

**Remember:**

Choose a variety of colors of items and plan to scatter similar colors away from each other for visual appeal. Choose items that you like, in case there are leftovers.

For those items that *need a bowl* (dips, olives, artichokes, pickles, etc) choose a bowl that is less than 4 inches in height. Also, use an odd number of bowls for visual appeal on your board.



Assembly:

1. Spread the bowls out over the board (remember odd number is more visually appealing)
2. Fan or wrap an accompanying fruit or veggie half way around the bowl of dip that accompany it
3. Add bread or crackers in different angles on the board
4. Fill in the gaps with dried fruits and nuts
5. Top with sprigs of thyme or rosemary and peppercorns for more JOY

Have fun this season and try these tips. You can also try a *dessert charcuterie board* with dried or fresh fruits, nuts, dark chocolate, and a fun chia pudding flavor like pistachio.

If you are interested in learning more about a plant-based lifestyle and need some help *finally making the switch*, contact the Ommani Center and set up a consultation with Joy Lenz. She is a registered dietitian and would love to help you get started with simple recipes, lots of resources, and personalized help just for you.

**©December2021, Joy Lenz, RD CD is a Registered Dietitian at Ommani. She offers consultations via Zoom. Call our office at 262.695.5311 to schedule an appointment.**