

Charcuterie Board – Anti-Inflammatory



PREP TIME:
10-15 MINUTES

COOK TIME:
N/A

TOTAL TIME:
15 MINUTES

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Recipe type: Gluten Free

Yield: 6-8 Servings

Supplies: Charcuterie Board

Ingredients:

- 4-6 oz. Thin Sliced Prosciutto – Nitrate Free
- Spicy or Mild Italian Chicken Sausage w/ Bell Peppers - Cooked (**Recommend Bilinski Organic Brand**)
- **Goat or Sheep's Milk Cheese (Romano/Manchego/Brie/etc.)**
- Small Jar Roasted Red Peppers
- Fermented Baby Pickles (**or sliced larger variety**)
- 2-3 Baby Cucumbers
- ½ Cup Sugar Snap Peas
- ½ Cup Baby Carrots
- Dried Fruit (Cranberry's or Dried Figs) or Fresh Berries of Choice
- Nuts of Choice (**Almonds/Cashews/Macadamia**)
- 1/8 Cup Organic Honey
- Vegan Ranch Dressing (**Recommend Primal Kitchen Brand**)
- Gluten/Dairy Free Crackers (**Recommend Simple Mills or Mary's Crackers**)
- **Optional: Organic Garlic or Roasted Red Pepper Hummus**

Instructions:

1. Roll up and slice the prosciutto into mini bite size portions.
2. Slice up heated chicken sausage into bite size pieces. Arrange meats together on board.
3. Slice cheese into bite size pieces next to meat.
4. Cut roasted peppers, pickles, cucumbers, snap peas, and carrots into bite sized pieces.
5. Slice fruit into bite sized pieces.
6. Arrange all of the meat, cheese, nuts, veggies and fruit on board.
7. Pour honey into small ramekin. Do the same with ranch dressing and hummus if using.
8. Place crackers on separate serving dish.

***Try and use all organic ingredients if possible.**

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