

Fresh Dates stuffed with Rosemary Mascarpone and Walnuts

Dates are traditionally eaten as the first food when breaking the fast during Ramadan. Stuffed with nuts, soft cheese, and dried fruit, dates provide a sweet complement to savory dishes during autumn and winter holiday dinners.

Makes: 12 servings

Source:

<https://www.eatright.org/recipes/snacks-and-sides/fresh-dates-stuffed-with-rosemary-mascarpone-and-walnuts-recipe>



Small Changes,
BIG Difference!



Ingredients

- 4 ounces mascarpone cheese
- 2 tablespoons finely-snipped fresh rosemary
- ¾ pound (about 24) pitted fresh Medjool dates
- ½ cup (about 1½ ounces) coarsely-chopped walnuts
- Fresh rosemary, for garnish

Directions

1. Combine mascarpone cheese and rosemary in a small bowl, incorporating well. Cover. Refrigerate for about 1 hour for flavors to blend.
2. Slit the dates along one side. Stuff each date with about 1 teaspoon mascarpone cheese mixture, leaving the slit slightly open to expose the cheese mixture.
3. Dip the cheese-stuffed dates in the walnuts along the slit, allowing the walnuts to coat the cheese mixture.
4. Garnish with rosemary leaves, if desired.
5. Refrigerate, covered, until ready to serve.

Nutrition Information

Serving Size: 2 dates

Nutrients	Amount
Calories:	150
Total Fat:	8 g
Saturated Fat:	2.5 g
Cholesterol:	10 mg
Sodium:	5 mg
Total Carbohydrates:	22 g
Dietary Fiber:	2 g
Total Sugars:	19 g
Added Sugars:	0 g
Protein	2g

Utensils Needed

- Knife
- Cutting Board
- Small Bowl
- Spoon
- Measuring Spoon
- Measuring Cups

SHOPPING LIST

Average total cost without oil and seasonings: \$14.46

Average cost/serving: \$1.21

Recipe Makes: 12 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Mascarpone Cheese, 4 ounces



Add 1 to Cart
Fresh Rosemary, 1 bunch



Add 1 to Cart
Fresh, Pitted Medjool Dates, 3/4 lb.



Add 1 to Cart
Walnuts, 2 ounces

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Tips

- Consider freezing leftover rosemary for later use.
To freeze:
 - Option 1 - Place rosemary sprigs in an air-tight container or freezer bag and place in the freezer.
 - Option 2 - Freeze leaves in an ice cube tray, about 1-2 Tbsp. fresh leaves per cube, and fill the cubes with water or olive oil before placing in the freezer.

Similar Recipes

- Save money by reusing some of these ingredients in other recipes found on snapedny.org, such as:
 - Very Berry Muesli
 - Rice Bowl Breakfast with Fruit and Nuts