

Goat Cheese-Stuffed Grape Leaves

Serves 4

- 8 grape leaves packed in brine, drained and rinsed
- 4 tablespoons soft goat cheese
- 4 teaspoons pine nuts, toasted
- 4 teaspoons minced thyme
- Grated zest of one lemon
- Freshly ground pepper, to taste
- 2 tablespoons olive oil

Instructions: Heat the grill or a grill pan to medium-high. Dry each grape leaf well. Add 1½ teaspoons goat cheese to the upper center of each leaf. Top each with ½ teaspoon nuts, ½ teaspoon thyme, a pinch of zest and a pinch

of pepper.

Fold in the sides of the grape leaf, then tightly fold the leaf cigar-style – the bundles can be made ahead to this point and then wrapped and refrigerated overnight. Brush the outside of each bundle with oil, then place on the grill. Grill each side for 1 to 2 minutes, until the grape leaf is slightly crisp and the inside soft. Serve with grilled vegetables.

Per serving: 125 calories, 4 g protein, 2 g carbohydrate, 12 g fat (3 g saturated), 7 mg cholesterol, 285 mg sodium, 0 fiber.