

# Fit for the Holidays

## Roast Beef and Blue Cheese Spears



Deli roast beef and a simple blue cheese cream top Treviso in a simple, pretty appetizer.

**Minutes to prepare:** 10

**Servings:** 16

### Ingredients

- 2 tbsp. reduced-fat sour cream
- 2 tbsp. crumbled blue cheese
- 2 heads of Treviso or Belgian endive, spears separated
- 4 oz. thinly sliced roast beef, cut into ribbons



### Preparation

1. Combine sour cream and blue cheese in a small bowl
2. Top Treviso (or Belgian endive) with roast beef and a dollop of the blue cheese cream

**Make ahead tip:** Store the sour cream and blue cheese spread in an airtight container for up to 2 days.

Nutritional Information (per serving)			
Calories	15	Cholesterol	4 mg
Protein	2 g	Fiber	0 g
Carbohydrates	1 g	Sodium	61 mg
Saturated fat	0 g	Potassium	19 mg
Monounsaturated fat	0 g		

**Resource:** [www.eatingwell.com](http://www.eatingwell.com)

