

Endive Stuffed with Goat Cheese and Walnuts

1/3 cup coarsely chopped walnuts
2 tablespoons honey, divided
Cooking spray
1/4 cup balsamic vinegar
3 tablespoons orange juice
16 Belgian endive leaves (about 2 heads)
1/3 cup (1-1/2 ounces) crumbled goat cheese or blue cheese
16 small orange sections (about 2 navel oranges)
1 tablespoon minced fresh chives
1/4 teaspoon cracked black pepper

Preheat oven to 350 degrees. Combine walnuts and 1 tablespoon honey; spread on a baking sheet coated with cooking spray. Bake at 350 degrees for 10 minutes, stirring after 5 minutes. Combine 1 tablespoon honey, vinegar, and orange juice in a small saucepan. Bring mixture to a boil over high heat, and cook until reduced to 3 tablespoons (about 5 minutes). Fill each endive leaf with 1 orange section. Top each section with 1 teaspoon cheese and 1 teaspoon walnuts; arrange on a plate. Drizzle the vinegar mixture evenly over leaves, and sprinkle evenly with chives and pepper. Makes 8 servings (serving size: 2 stuffed leaves).